

Associate Coach Programme



ACSTH

ICF APPROVED COACH SPECIFIC
TRAINING HOURS



This coaching training is designed for individuals who are passionate about coaching and would like to take the next step with their coaching journey, be it as a professional coach or to support your team's growth.

With a strong focus on the International Coaching Federation (ICF) Coaching Competencies, this training introduces the key stages in coaching that will help you motivate your coachees to take action and shift to a higher level of achievement and fulfilment.

Our ACP programme has undergone rigorous external assessment and quality testing by ICF to ensure that you acquire a working knowledge of impactful coaching.. We are committed to support your personal growth and professionally develop you to become competent, agile, and confident in coaching.



- Learn about the dynamic coaching framework that meets the needs of both education sector and the corporate world
- Recognise and explore the layers of inner game in your coachee's mind
- Discover tools and strategies for conducting effective coaching conversations in organisations
- Understand and integrate ICF coaching competencies in your coaching conversations
- Apply skills and knowledge in ACP in coaching practices and receive 360 feedback and guidance on the sessions from our certified coaches



RM 6,250.00 (including SST & HRD Corp Claimable)
(LeapEd Academy will guide you to get the log in details)

Module 1:
Introduction to Coaching



**4 & 5
October
2021**

Module 2:
Ready to Coach



**18-20
October
2021**

Module 3:
Coach in Action



**2-5
November
2021**





List of Modules

Total hours

63
hours

Module 1: **Introduction to Coaching**



- Online

2 days (12 hours) + Coaching clinics (2 hours)

TOTAL 14 hours

Module 2: **Ready to Coach**



- Online

3 days (18 hours) + Coaching clinics (3 hours)

TOTAL 14 hours

Module 3: **Coach in Action**



- Online

4 days (24 hours) + Coaching clinics (4 hours)

TOTAL 14 hours

Coaching clinics



- Online

4 sessions (8 hours - embedded above)

Content of Modules

Module 1: **Introduction to Coaching**

- Define coaching and identify the qualities of an effective coach
- Differentiate coaching from other helping professions
- Practice coaching competencies within given contexts
- Utilise the eGROWp tool to conduct coaching conversations
- Create a personal coaching development plan

Module 2: **Ready to Coach**

- Explore the function and importance of the 8 ICF Core Competencies
- Align the purpose and outcomes of the 10 Key Stages correctly in the LeapEd Coaching Framework
- Explore how the six key Active Listening skills can be applied in coaching
- Transform normal questions into powerful questions
- Identify how to give feedback in a coaching session

Module 3: **Coach in Action**

- Support the coachee to explore their initial goal and desired outcomes
- Explore deeply the reality, opportunities and obstacles in reaching the goal
- Reframe and agree on a deeper goal (if any)
- Identify factors that will potentially demotivate, and install new strategies to counter these factors
- Design Accountability Measures Using 5WH

Not sure you can commit to 63 hours?

You can also take the above courses as modules, which will count towards your Accredited Coach Specific Training Hours.

Come back at any time to complete your coaching hours.



Contact Azreen for more information at **azreen.suhaimi@leapedservices.com**