



**THE
AGILE
COMPANY**



COACH COMPETENCIES FOR AGILISTS



Part of both Level 1 and Level 2 education programs



- Coach Competencies for Agilists
 - 20 hours coach training
 - 7 group mentor sessions
 - 3 individual mentor sessions
 - 6 hours asynchronous learning
- Duration : 3 months



FORWARD FOCUSED CONVERSATIONS

LEVERAGE YOUR PROFESSIONAL COACHING SKILLS

By directing energy in a positive way, focusing on strengths, and working towards a forwarding development curve, the coachee will feel motivated and energized by the emergence of solutions, rather than demotivated and demoralized if they were to focus only on the problem.

When you integrate the Forward Focused Conversation style into your coaching toolbox, you consider your clients as resourceful and competent people and you encourage these qualities.

Ask your clients to focus on positive stories with the intention of learning what has worked in the past and further encourage this behavior. Integrating a Forwarding Focus into your coaching practice changes the way you connect with others.

It can help take the client out of the problem state and create a posture that encourages a new way of thinking, where the possibilities for growth are endless.



Deep dive into the Core competencies by the ICF to reach either your level 1 or level 2 certification.





COURSE OBJECTIVES

In this 3rd module we deepen the Core competencies by ICF professional Coaches and how they apply in your daily reality as Agile Coach. This course can be enjoyed separately or as part of the larger course offerings by The Agile Company.



This program is an intense journey towards coaching mastery in which you will interact with people from all over the globe. With this class you will also work with your peers in a group mentoring cohort in which you will dive deeper into the different subjects you have learned throughout the week!

AN EXTENSIVE PROGRAM...
WHICH YOU CAN EASILY
INTEGRATE INTO YOUR WORK
LIFE, AS WE MEET ONLY TWO
HOURS PER WEEK FOR AN
INTERACTIVE, ENGAGING AND
THOUGHT-PROVOKING SESSION.

With the Agile Company's Professional Coaching classes, you will start coaching immediately! Right from day one we will give you the tools to move towards having coaching conversations with the people you have available to you.

Also, as we are The Agile Company, you get the benefit of joining a large community of Agile Coaches you can coach, co train or just take advise from. Your learning never stops!

**THE MOST COMPLETE AND HANDS - ON
COACHING EDUCATION YOU CAN FIND!**

This ICF accredited professional coach training course will give the advanced knowledge and practice needed to start coaching the entire Agile Organisation.

We focus on the ICF core competencies needed to apply for the ACC or PCC ICF credential and broaden our reach by applying these to team session and leadership coaching.

We also help you become more effective in conflict coaching. Combined with at least 7 group mentoring hours, 3 private mentoring hours and the peer coaching practice.



COURSE PROGRAM COACH COMPETENCIES FOR AGILISTS

THE COACHING CONVERSATION

- Definition of coaching
- The Arc of the coaching conversation
- Understanding the need behind the want
- Identifying the gap
- Coaching questions and what they do
- Solutions Focused Coaching for Agile and Forward Focused Conversations
- Systems coaching
- Professional Coaching Competency Framework (ICF)
- Decisions and difficult sessions

PRACTICAL COACHING CONSIDERATIONS

- The Mindset and posture of a coach
- Contracting with single and multiple stakeholders
- Supervision and dealing with Agile Leadership
- The Agile Organization as a System
- Ethical considerations when coaching Agile Teams
- Self awareness and development.

ICF CORE COMPETENCIES

- Demonstrates Ethical Practice
- Embodies a Coaching Mindset
- Establishes and Maintains Agreements
- Cultivates Trust and Safety
- Maintains Presence
- Listens Actively
- Evokes Awareness
- Facilitates Learning and Growth

GROUP MENTOR COACHING SESSIONS

You can join these session at any time during your training, and even after you have finished! You need to participate in at least 7 practice sessions in which you will be coached, are coaching (at least 5 observed sessions) or you can observe and give feedback. We will note your attendance internally.



INDIVIDUAL MENTOR COACHING SESSIONS

Throughout the program you can book 3 sessions with your mentor in which you will be working on a recorded coaching session and identify core coaching competencies you have or will need to develop to reach your desired Credential by the ICF.



GOOD TO KNOW

INCLUDED IN THE COURSE FEE

At least **30 hours** of live online training plus **6 hours** asynchronous e-learning & Exam preparation
3 Professional Mentor Coaching hours on demand
at least 7 group mentoring hours
All the training materials, questions answered and hands-on tools
Full brief and notes
Innovative and active learning methods taken from "Teaching From the Back of the Room" & "Liberating Structures"
Your **Core Coach Competencies** Certificate

DURATION

This class can be taught in the enterprise or as a public training. This class covers 36-hours of training, either over the period of 10 days, 10 weeks or at **any convenient moment** for your team.
For public classes, check the **"upcoming training"** for more information on classes scheduled near you or online.

NUMBER OF SEATS

To ensure **high quality training** for our students, we decided to limit our program to 15 seats per cohort.

FOR WHO ?

This course is perfect for Change managers, leaders in Change initiatives, Scrum Masters, Agile coaches, Lean experts, team coach, project managers, managers working in an agile environment.

WHAT MAKES THIS PROGRAM UNIQUE

This Coach Training program is:

- A thorough program which you can easily integrate into your work life, only a few hours per week training
- Engaging, interactive and online: comfortable, virtual participation from anywhere in the world
- Designed for a diverse global audience (work with coaches and trainees from all over the globe)
- Concentrates on a highly transferable, easy to learn and respectful coaching approach



CERTIFICATIONS

At the end of this course you will receive the **"Core Coach Competencies for Agilists**, and depending on the track you decide to follow, your Level 1 or Level 2 certificate.



YOUR TRAINER

NATASCHA SPEETS

The Forward Focused Conversations Arc was designed by Natascha Speets, **PCC Certified**, who came to the realization that most modern coaching styles and frameworks promote the same wish for their clients: **Positive change**, sustained learning, and deep awareness of self.

Natascha is a **certified Solutions Focused** practitioner, but also uses her knowledge of systemic coaching, the GROW model, non-violent communication, and appreciative inquiry when engaging with her clients in coaching conversations.



[Trainer page](#)



ICF CERTIFICATIONS

CHOOSE YOUR LEVEL

At the end of this course you will receive the “Coach Competencies for Agilists certificate, and depending on the track you decide to follow, your Level 1 or Level 2 certificate



LEVEL 1 TRACK

- Agile Teams Coaching (ATC)
- Facilitating Growth in Agile Teams (FGT)
- Coach competencies for Agilists (CCA)
 - 10 mentor coaching sessions of which 3 individual session
- Evaluation of competency for **ACC credential**



LEVEL 2 TRACK

- Agile Teams Coaching (ATC)
- Facilitating Growth in Agile Teams (FGT)
- Coach competencies for Agilists (CCA)
 - 10 mentor coaching sessions of which 3 individual session
- Systemic coaching for Agile (SCA)
- Coaching in Agile Organizations (CAO)
- Evaluation of competency for **PCC credential**

REQUIREMENTS FOR CREDENTIALING



- **ICF LEVEL 1** Approved Education program.
 - A minimum of **60** hours are required.
- 10 mentor coaching hours
 - 7 of these sessions may be group sessions
 - 3 are done with your ICF PCC mentor coach
- Completion of at least **100** client coaching experience hours following the start of coach-specific education including
- One (1) Performance Evaluation Recordings and Transcripts
- ICF Credentialing Exam
 - Not included in the course



- **ICF LEVEL 2** Approved Education program.
 - A minimum of **125** hours are required.
- 10 mentor coaching hours
 - 7 of these sessions may be group sessions
 - 3 are done with your ICF PCC mentor coach
- Completion of at least **500** client coaching experience hours following the start of coach-specific education including
- One (1) Performance Evaluation Recordings and Transcripts -
- ICF Credentialing Exam
 - Not included in the course



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READY TO BECOME AN AGILE PROFESSIONAL COACH ?



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LEARN TO USE THE FULL RANGE OF FORWARD FOCUSED CONVERSATIONS TOOLS AND DEVELOP YOUR AGILE COACHING SKILLS

NEED A CUSTOM QUOTE?

For any questions about your training, contact Remco Verwoerd



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WEBSITE

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LINKEDIN

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