



**THE
AGILE
COMPANY**



ICF LEVEL 1 FAST TRACK

CERTIFICATION WITH
FORWARD FOCUSED COACHING CONVERSATIONS



- Forward Focused Coaching Conversations
- 60 hours coach training
- Duration : 3 months



ICF LEVEL 1 CERTIFICATION

Earning an ICF Credential provides you with instant credibility and increased visibility to prospective clients.

Module 1:

Coaching Essentials

This module introduces you to the foundational concepts of **coaching**. It covers the basics of **active listening**, **powerful questioning**, and building trust in the coaching relationship.

You will explore the coaching process, develop an understanding of the **ICF competencies**, and begin practicing the skills needed to become an effective coach. This is a step-by-step, video-based module that allows you to integrate coaching into your daily life.

Through video lessons, peer coaching, and group discussions, you'll build the confidence to facilitate coaching sessions and develop your unique coaching style. This approach ensures you can gradually apply and refine your coaching skills in **real-world** scenarios, creating lasting impact in your personal and professional life.

Module 2:

Core Competency Deep Dive

This is a full **teacher-led module** that delves deeper into the **ICF Core Competencies**. You will explore advanced coaching techniques, including **emotional intelligence**, goal setting, and forward-focused coaching, in a structured and supportive environment.

Through **interactive discussions**, guided exercises, and live coaching demonstrations, you'll gain a comprehensive understanding of how to apply these competencies in real-world coaching scenarios. This module focuses on developing your ability to facilitate powerful, **results-driven coaching** conversations that support your clients' growth.

You will also engage in personalized feedback sessions, allowing you to refine your coaching techniques with expert guidance. By the end of this module, you will be well-equipped to lead impactful coaching sessions, aligned with **ICF standards**, and confident in your ability to drive lasting change in your clients.

ICF REQUIREMENTS FOR OBTAINING THE ACC CREDENTIAL

60h Level 1 training

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.

100 client coaching experience hours

- Completion of at least 100 client coaching experience hours following the start of coach-specific education including:
- at least 75 paid coaching hours
 - at least 25 hours of client coaching experience within the 18 months prior to submitting the ACC application
 - with at least 8 different clients.

ICF examinations

- One (1) Performance Evaluation Recordings and Transcripts
- ICF Credentialing Exam Not included in the course



FAST TRACK TO YOUR ICF CERTIFICATION

Unlock your coaching potential with ICF Level 1 Coach Training. This comprehensive course focuses on core coaching competencies, including active listening, powerful questioning, emotional intelligence, and forward-focused coaching. **You will gain the skills necessary to facilitate growth, build trust, and create impactful coaching conversations.**

The training meets ICF standards and offers hands-on experience, peer coaching, and mentor sessions, providing a well-rounded foundation for your coaching journey.

This training is perfect for aspiring coaches who are eager to enhance their ability to drive positive change with effective coaching techniques. Whether you are looking to expand your professional skill set or embark on a career as a certified coach, **this course is designed to set you on the path to success.**



Start today and take the first step toward becoming a certified coach!

With a strong focus on using **coaching competencies** when coaching teams, you will be able to help your clients shift their focus from immediate issues to gaining awareness and insights, helping them **make progress in their professional lives.**

The Forward Focused Conversation structure guides coaches in facilitating this process, striking a balance between flexibility and a clear direction toward client growth and learning.



COURSE PROGRAM

COACHING AGILE TEAMS

MODULE 1: COACHING ESSENTIALS

- Active Listening and Powerful Questions
- Determining the Coaching Question
- Exploration of the subject and its solutions
- Commitment & action plan (Forwarding the learning)
- Conducting the coaching conversation

PROFESSIONAL COACHING SKILLS FUNDAMENTALS

TEAM COACHING FUNDAMENTALS

- Contrast between mentoring and coaching
- The Team as a complex system
- Understanding Team maturity and development
- Helping the team develop its path towards high performance.

COACHING A TEAM AND ITS MEMBERS THROUGH CHANGE

- Understanding the impact of change for the team and individuals
- Identify and address resistance to change
- Conducting a conversation about motivation in change

COACHING A TEAM AND ITS MEMBERS THROUGH CONFLICT

- Identifying and helping teams overcome conflict
- Coaching teams through challenges, impediments and building self awarenesssss
- Solution Focused Team Coaching – introduction



BUILDING CAPACITY IN TEAMS

- Being an Agile role model when teaching values
- Creating a safe space for mutual learning
- Designing sessions that favour self-learning and discovery



COURSE PROGRAM

Coach Competencies For Agilists With Forward Focused Conversations

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

- 60 – hour coach specific training course
 - 20 Live session hours
 - 7 hours of group mentoring sessions
 - 3 individual mentor coaching sessions
 - 30 hours of Self study components to deepen your learning including peer practice and journaling, the coaching skills builder and the ICF Credentialing exam preparation course.
- Lecture, exercises and live discussions in an interactive environment
- Innovative and active learning methods
- E-learning and exam preparation work

DURATION

Experience a comprehensive 77-hour coach-specific training course, including 63 live session hours, 7 hours of group mentoring, 3 individual mentor coaching sessions, and 12 hours of self-study components, all designed to deepen your learning through peer practice and journaling.

NUMBER OF SEATS

To ensure high quality training for our students, we decided to limit our online Coaching Fundamentals classes to only 15 participants per cohort.

FOR WHO

This course is perfect for:

Agile Coaches, of course, but this class is open to anyone who wishes to become a professional coach; Consultants, leaders, HR-professionals, Scrum masters, managers and people looking for a career change.

PREREQUISITES

Attendance in the Coaching Fundamentals course sessions

Active participation in 7 Group Mentoring sessions

6 hours of self-study reading articles, watching coaching videos etc. on our online learning platform

A minimum of 100 hours (75 paid) of coaching experience with at least eight clients following the start of your coach-specific training. At least 25 of these hours must occur within the 24 months prior to submitting the application for the credential.

Performance evaluation (audio recording and written transcript of a coach session to be uploaded with your application).

Completion of the Coach Knowledge Assessment (CKA) (Not included in the course fee)

The instructors of The Agile Company will help you in reaching your 100 hours and are always available for mentoring when needed. We also host regular mentoring sessions in which you can practice recording Coaching sessions for your evaluation.

The Coaching Fundamentals with Forward Focus Conversations module will focus mostly on the Coaching stance. We are Agile Coaches, but most of all, we are professional coaches, and this class focuses on that aspect.



YOUR TRAINER

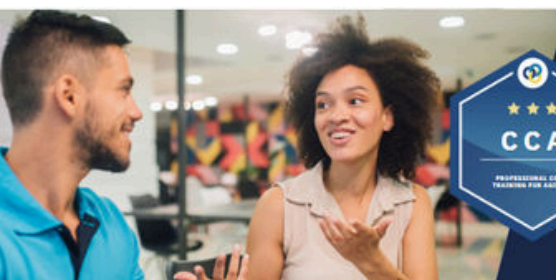
NATASCHA SPEETS

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](#)



20 SESSIONS TO REACHING YOUR ICF CREDENTIAL?

COACH COMPETENCIES FOR AGILISTS TRAINING

Online Certification Course





**THE
AGILE
COMPANY**



READY TO BECOME AN AGILE PROFESSIONAL COACH ?



**THE
AGILE
COMPANY**

**FAST TRACK TO
YOUR ICF ACC CREDENTIAL**

ICF LEVEL 1 FAST TRACK TO PROFESSIONAL COACHING

WITH FORWARD FOCUSED CONVERSATIONS



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

NEED INFORMATION?

To organize your training, please contact us



E-MAIL

contact@theagilecompany.org

SITE INTERNET

www.theagilecompany.org

LINKEDIN

www.linkedin.com/company/the-agile-company