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ICF LEVEL1 FAST TRACK

CERTIFICATION WITH FORWARD FOCUSED COACHING CONVERSATIONS

ICF-ACCREDITED COACHING EDUCATION
LEVEL 1
ICF

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

ICF International Coaching Federation

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FAST TRACK TO YOUR ICF CERTIFICATION

What makes this a Fast Track ICF Level 1 course?
This program is designed to give you the flexibility to start right away and progress at your own pace — without compromising on quality or ICF standards.

- You can start the e-learning **immediately**, gaining access to videos, tools, and exercises to build your foundational knowledge.
- The cohort-based live module can be completed in as little as 4 weeks or stretched over 8 weeks if you prefer a slower pace.
- Mentor coaching sessions are scheduled at your convenience, allowing you to integrate learning while balancing professional and personal commitments.

Start today and take the first step toward becoming a certified coach.
With a strong focus on applying coaching competencies in individual and team coaching, you'll learn how to help clients shift their focus from solving immediate problems to gaining awareness, insight, and forward movement in their professional lives.

The **Forward Focused Conversations™ structure** supports you in guiding clients through meaningful learning and growth — combining flexibility with a clear direction toward development and results.
This comprehensive program meets ICF Level 1 standards and equips you with practical experience through live practice, peer coaching, and mentoring. You'll develop essential skills such as active listening, powerful questioning, emotional intelligence, and forward-focused coaching — empowering you to build trust, facilitate growth, and create impactful coaching conversations.

Whether you're an aspiring coach, a leader, or a professional looking to enhance your impact, this fast-track course provides a powerful and flexible pathway to becoming a certified coach.

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ICF LEVEL1 CERTIFICATION

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

Module 1 - Asynchronous:

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 - Cohort based:

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 Transcrits
- ICF Credentialing Exam Not included in the course

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COURSE PROGRAM

THE COACHING CONVERSATION

- Definition of coaching
- The Arc of the coaching conversation
- Understanding the coaching need
- Objective Compass creation
- Contracting with multiple stakeholders
- Coaching questions and what they do
- Forward Focused Conversations and coaching tools
- Explorative vs Action coaching
- Professional Coaching Competency Framework (ICF)
- Deep 3rd level listening
- From learning to sustainable growth

PRACTICAL COACHING CONSIDERATIONS

- The Mindset and posture of a coach
- Contracting with single and multiple stakeholders
- Supervision and dealing with Leadership & teams
- Ethical considerations when coaching
- Self awareness and development.
- Powerful Coaching Conversations structure

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

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.



UNLIMITED GROUP MENTOR COACHING SESSIONS

At The Agile Company, you'll have access to several group mentor coaching sessions to support your growth and preparation for ICF certification. You can choose from:

- Peer coaching sessions, where you practice coaching with fellow learners.
- Core competency–focused workshops, designed to help you deepen your understanding and application of the ICF Core Competencies.
- ICF exam preparation workshops,

You can join these sessions at any time — during your training or even after you've completed it!

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GOOD TO KNOW

INCLUDED IN THE COURSE

- 60 – hour coach specific training course
  - 20 Live session hours
  - 7 hours of group mentoring sessions (unlimited)
  - 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 course included

DURATION

Any ICF Level 1 journey takes **at least three months** to complete. This is because the mentor coaching sessions are intentionally spread out over time to allow learning to integrate, deepen, and build progressively.

However, the course itself — including all live training sessions and e-learning components — can be completed in **as little as four weeks**. This flexible structure ensures that while you can progress quickly through the core training, you still have the time and support needed for true professional growth and integration.

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.

PREREQUISITES

To qualify for ICF certification, you will need to meet the following requirements:

- A minimum of 60 hours of coach-specific training from an ICF-accredited program.
- A minimum of 100 hours of coaching experience (at least 75 paid) with a minimum of eight clients, accumulated after the start of your coach-specific training.
- At least 25 of these hours must be completed within 24 months prior to submitting your credential application.
- A performance evaluation, consisting of an audio recording and written transcript of a coaching session, to be submitted with your application.
- Completion of the Coach Knowledge Assessment (CKA) (not included in the course fee).

At The Agile Company, our instructors will support you in reaching your 100 coaching hours and are always available for mentoring when needed. We also host regular mentor coaching sessions where you can practice, receive feedback, and prepare your recordings for the ICF performance evaluation.

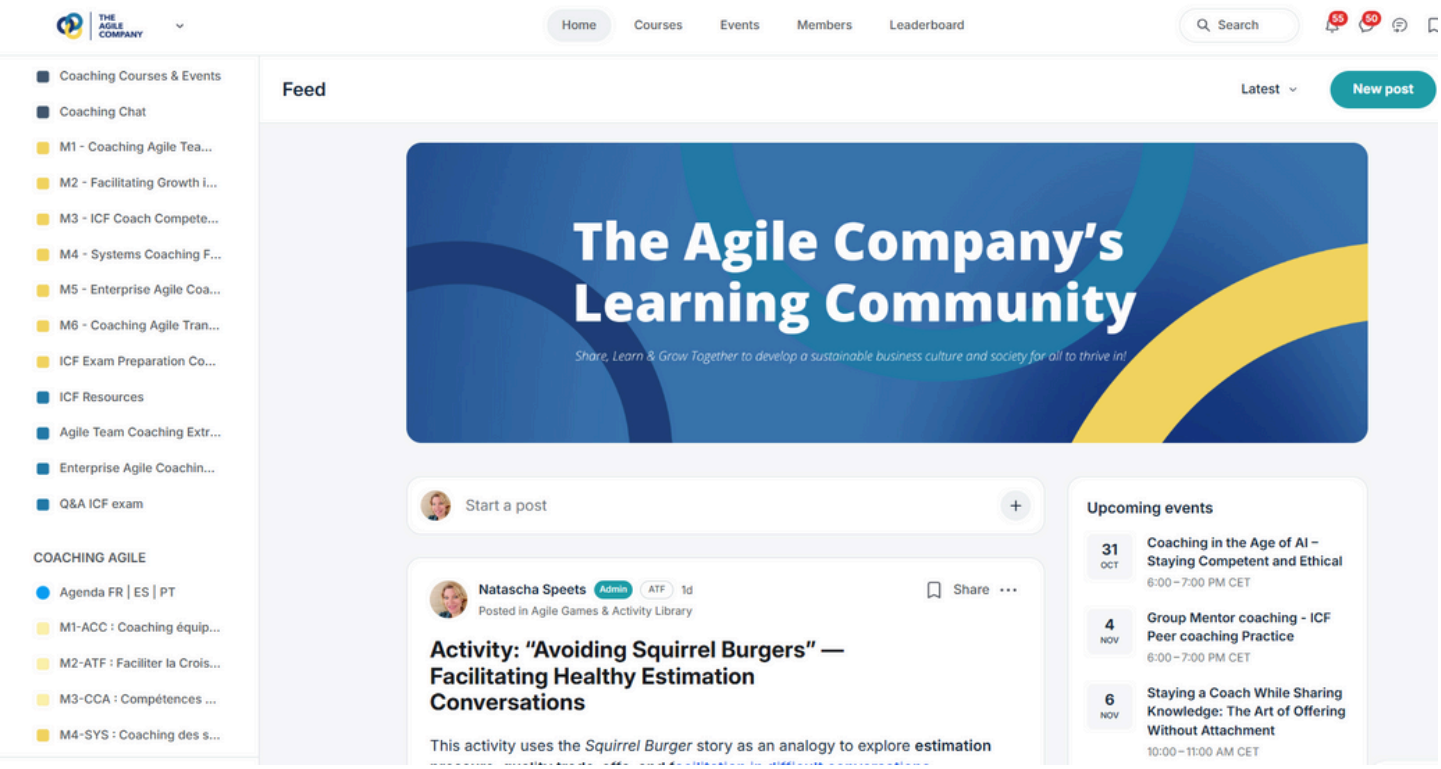
FOR WHO

This course is perfect for:

This program is open to anyone who wants to learn coaching — from life coaches, consultants, and leaders to HR professionals, team leads, Scrum Masters, managers, and those exploring a new career path. Agile Coaches, of course, are also welcome.

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THE COMMUNITY



When you join **The Agile Company's coaching community,** you gain unlimited, lifetime access to a vibrant learning space where all your e-learning materials — and much more — are hosted.

Our community is the heart of your learning journey: a place where you'll find your course e-learning, but also where you'll stay connected, inspired, and continuously supported.

Inside the community, you'll have access to:

- Your course content, including videos, readings, reflection activities, and coaching tools.
- Live events and extra workshops to deepen your learning and connect with other coaches.
- Exclusive resources such as articles, blogs, and tools created by our trainers and alumni.
- An active peer network where you can exchange ideas, practice, and grow together — even after finishing your course.

With unlimited access, you can keep learning, practicing, and engaging with our global coaching community for as long as you wish.

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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 International Coaching Federation

ICF Credentials and Standards PCC PROFESSIONAL CERTIFIED COACH

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MORE QUESTIONS?

To organize your training, please contact us:

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www.theagilecompany.org

LINKEDIN
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