



**THE  
AGILE  
COMPANY**



# COACHING CONVERSATIONS

ICAgile Micro-credential



- Self-paced Microcredential – Coaching Conversations
- 4-hour on-demand video course to master the power of coaching conversations
- Practice-based learning path with reflection prompts and downloadable tools



<https://theagilecompany.org/icagile-coaching-conversations-microcredentials/>



# ABOUT THIS COURSE

IMPROVE ALL YOUR CONVERSATIONS BY INCORPORATING COACHING SKILLS IN YOUR DAILY INTERACTIONS

## **Self-paced and interactive e-learning experience**

Dive into the foundational skills of coaching conversations at your own pace.

This 4-hour microcredential course includes bite-sized video lessons, downloadable exercises, and guided reflection activities. Learn core techniques—such as active listening and powerful questioning—from an ICF mentor coach who will guide you step by step, answer questions, and provide personalized feedback.

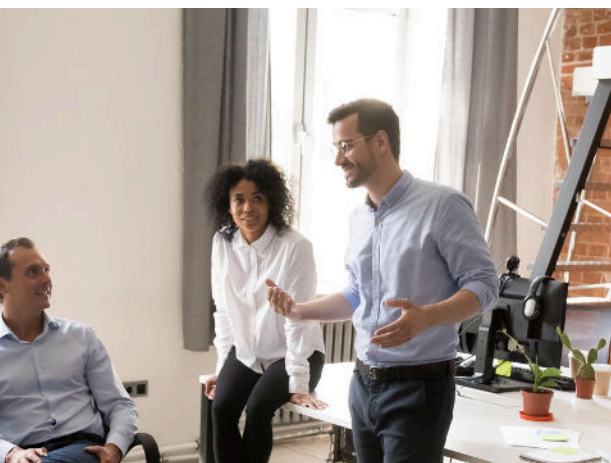
## **Apply your learning with guided exercises**

Practice coaching conversations using structured activities, downloadable worksheets, and self-reflection prompts.

You'll develop your skills by working through realistic coaching scenarios.

## **Applicable Skills, Immediate Impact**

Acquire practical techniques you can implement immediately to foster team growth, enhance collaboration, and improve performance in your organization.



## **Targeted Learning**

Designed to fit busy schedules, this concise, focused workshop offers maximum impact without unnecessary fluff.

## **Affordable, No Ongoing Costs**

ICAgile certifications do not require renewal fees, giving you long-term value and professional credibility.

## **Trusted, Globally Recognized Certification**

Stand out with a recognized certification from ICAgile, trusted by employers and professionals worldwide. Demonstrate your commitment to quality coaching practices and continuous professional development.



# COURSE PROGRAM

## Coaching Conversations

### INTRODUCTION TO COACHING CONVERSATIONS

- What is Coaching?
- Definition and purpose
- Coaching vs. mentoring, consulting, and managing
- What is a Coaching Conversation?
- Characteristics of a coaching conversation
- Benefits of coaching conversations in professional and personal settings

### FOUNDATIONAL COACHING SKILLS

- Coaching Presence
- Definition and importance
- Developing a coaching mindset
- Active Listening
- Techniques to enhance listening
- Characteristics of powerful questions



### COACHING CONVERSATIONS VS. OTHER CONVERSATIONS

- When to Use a Coaching Conversation?
- Identifying the right moments to use coaching conversations

### CONDUCTING AN EFFECTIVE COACHING CONVERSATION

- The Coaching Conversation Framework
- Contracting (setting the agenda)
- Exploration (using active listening and powerful questions)
- Action and Reflection (next steps and learning integration)
- Common Pitfalls and Best practices

### COACHING IN ACTION – CASE STUDIES & DEMONSTRATIONS

- Self-guided practice through recorded demonstrations and exercises
- Demonstration of a Coaching Conversation Good coaching conversation example
- Breakdown and analysis Guided Role-Playing Exercise (Self-Practice)
- Interactive scenario for learners to respond to Self-reflection questions

# YOUR TRAINERS

Meet your expert instructors – featured throughout the course via recorded videos and scenario demos.

They will guide you step by step through recorded examples and coaching breakdowns.

## 100% online format - at your own pace

This microcredential is an e-learning course that you can follow at your own pace, wherever you want, whenever you want.

- Immediate access after registration
- Explanatory videos
- Guided practical activities
- Useful downloads

## Natascha Speets

Founder of The Agile Company and Course Director for all ICAgile and ICF courses, Natascha is dedicated to helping individuals and teams realize their full potential. With extensive experience leading agile transformations across diverse industries, she guides you through the course content via recorded videos—sharing hands-on insights, real-world examples, and a supportive environment that empowers you to become a more impactful coach.



Trainer page





# ICF CERTIFICATION LEVEL 1

## LOOKING FOR ADDITIONAL CERTIFICATION?

At the end of your ACC & ATF course, you can order the "Coach Competencies for Agilists" course to obtain a new ICF Level 1 certification.



## 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.

### Passage of ICF examinations

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





# ICF CERTIFICATION LEVEL 2



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

ICF Level 2  
Certification



+

ICF Credentialing  
Exam\*

\* Not included in the course

**Professional  
Certified  
Coach - PCC**



## ICF REQUIREMENTS FOR OBTAINING THE PCC CREDENTIAL

### 125h Level 2 training

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.

### 500 client coaching experience hours

- Completion of at least 500 client coaching experience hours following the start of coach-specific education including:
- at least 450 paid coaching hours
  - at least 50 hours of client coaching experience within the 18 months prior to submitting the ACC application
  - with at least 25 different clients.

### ICF examinations

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



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# START USING THE POWERFUL SKILLS OF COACHING TODAY

Online Micro Credential Course

## Coaching Conversations



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### IMMEDIATE ACCESS – NO SCHEDULING REQUIRED

Start learning right away with this on-demand ICAgile-accredited e-learning course.

## NEED INFORMATION?

To organize your training, please contact us



### E-MAIL

[contact@theagilecompany.org](mailto:contact@theagilecompany.org)

### SITE INTERNET

[www.theagilecompany.org](http://www.theagilecompany.org)

### LINKEDIN

[www.linkedin.com/company/the-agile-company](https://www.linkedin.com/company/the-agile-company)