BYLD ACTP (LEVEL) I BROCHURE

Level 1 Certification

Module I covers essential topics that will help you become a successful and effective coach.

Overall, this module is a comprehensive start that will equip you with essential skills and knowledge to become a successful and effective coach. In different phases:

We will learn about ethical practice and coach values, and gain insights on how to navigate ethical dilemmas with integrity. Additionally, you will learn about the road to becoming an accredited coach, which is essential for gaining credibility and recognition in the coaching industry.

F.R.A.M.E.

Coaching is a partnership between the coach and the client, and you will learn how to embody a coaching mindset that fosters a collaborative relationship with your client. You will also learn the fundamental skill of evoking awareness, which involves helping the client gain insights and perspectives that they may not have been aware of before.

Subsequently, we will focus on how to manage client trust and intimacy effectively. We will show you how to measure the effectiveness of your coaching sessions and make necessary improvements to enhance the quality of your coaching.

FRAME THE SITUATION

RECOGNISE THE GOAL

ASK FOR OPTIONS

MANAGER PRIORITIES

EVALUATE FOR IMPACT

Last but not least, we shall cover Coaching for Performance.

Agenda for Module I

S. NO	SECTION NAME	LEARNING GOAL	TIME (MINS)
1	Intro to Professional Coaching	Understand What is Professional Coaching?	80
2	Ethical Practice and Coach Values	Demonstrate Understanding of Role and Responsibility of Coach.	90
3	Road to be an accredited Coach	Understand the Steps and Process to get Certified as Coach	60
4	Coaching is Partnership	Establishes and Maintains Agreements	120
5	Embodying a Coaching Mindset	The mindset of Coach	60
6	Evoking Awareness	Learn, how to frame Powerful Questions.	125
7	Introduction to FRAME Model of coaching by BYLD	Learn the cognitive steps to coach the clients.	135
8	Mastering FRAME Model	Learn to master the steps sequentially to create acceleration and depth in using the Coaching Model	130
9	Applying FRAME to Career Coaching	Practice FRAME to help Clients in Career development Situations	110
10	Managing Client Trust and Intimacy	Understand, how trust and Intimacy can be cultivated to create meaningful relationships with Clients	60
11	Evaluation of Coaching Effectiveness using Kirk Patrick's Model.	How to create 4 types of assessments strategies for Coaching Effectiveness	60
12	Coaching for Performance	Mastering FRAME model for enhancing client performance	180
13	How to design actions at end of Each call?	Help clients move forward in direction towards what the goal is?	130
14	Facilitate Client Growth	Learn to build positive accountability for Coaching Effectiveness	180

**Module I gives you 30 Hours of Classroom Credit.**

Module II, you will gain a comprehensive set of coaching skills and techniques that will allow you to provide an exceptional coaching experience for your clients.

We will establish how to effectively utilize the ADMI coaching process to ensure a structured and impactful coaching experience for your clients. Through this process, you will gain the ability to identify and analyze the needs of your clients, design a customized coaching plan, motivate and inspire your clients, and evaluate the success of your coaching. Next, you will explore the importance of maintaining coach presence in order to create a supportive and constructive coaching environment. You will learn how to stay focused and engaged with your clients, manage your emotions, and build a strong relationship with your clients based on trust and respect.

Emotional Intelligence (EQ) is a crucial component of effective coaching, and this module provides an introduction to the EQ model in coaching. You will learn how to recognize and manage emotions, empathize with your clients, communicate effectively, and foster a positive coaching relationship.
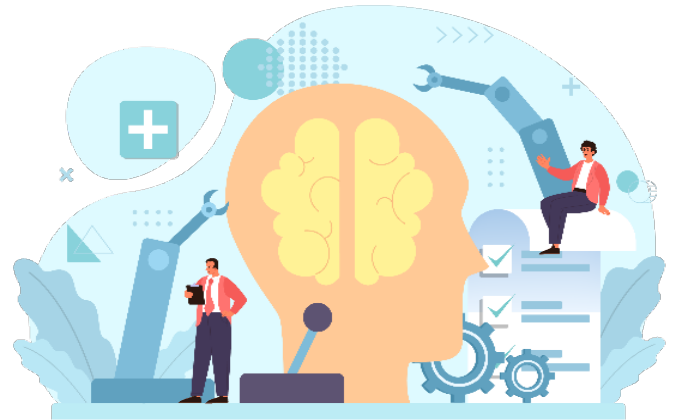
You'd see how client and stakeholder expectations can often be challenging to balance, and through this module, we will learn how to manage these expectations and ensure a successful coaching experience for all parties involved. You will also learn how to integrate assessments into your coaching practice to raise awareness and help your clients achieve their goals.

Moreover, as challenging client situations can arise at any time, we will show you how to handle these situations by gaining the skills to address difficult client behaviors, navigate conflicts, and maintain a positive coaching relationship.

Finally, you will learn how to grow as a coach and continue to improve your coaching practice over time through reflection, self-evaluation and ongoing learning, so that you feel empowered to elevate your coaching skills and provide greater impact for your clients.

Here's a quick snapshot of the topics covered

S. NO	SECTION NAME	LEARNING GOAL	TIME (MINS)
1	Introduction and Recap	Get to know each other and bridge with knowledge of Module I	60
2		Understand steps to problem solving in coaching steps.	90
3	Problem solving Tools for Enabling Each Steps of ADMI	Be able to use tools of problem solving to coaching conversations at each step of DMAI	150
4	Practice ADMI Coaching Process	Integrate tools at each 5step of DMAI in realistic coaching scenarios	120
5	Maintains Presence	Learn how to allow client to lead the coaching conversations	70
6	Introduction to Emotional Intelligence (EQ) Model in Coaching	Understand the 4 skills core areas of Emotional Intelligence	90
7	Practice EQ Based Coaching	Internalise the Process of working with Emotional Intelligence model in Coaching	120
8	Balancing Client and Stakeholder Expectations	Use Social Competence skills in client coaching situations	100
9	Invoke Awareness by Integrating Assessments in Coaching	Learn about how to use different types on assessments as part of coaching process?	100
10	Practicing Coaching with Assessments	How to build awareness using assessments?	120
11	Dealing with 'Ok But' Client Situations	How to build Coach Presence?	75
12	Coach Growth	How to grow as a coach?	60

Post the classroom session, your project managers will help you schedule over the next 5 months:

1. Paid coaching sessions.
2. Practice coaching sessions with Peers (at least 5 will be evaluated with written feedback)
3. Help you with group and individual Mentor Sessions

Credentialing approved by :