



COACH TRAINING
COACH MENTORING
COACHING & FACILITATION

**ICF Approved Certified Coach Training, Leadership
and Personal Development Programme**



**Be the best you can be
and make the difference
you were born to make.**

Coaching is for you if:

- You want to support, lead and coach yourself and others
- You seek to work on a full or part-time as a professional certified coach
- You want to be an in-house/organisational coach
- You are a leader who wants to enhance your leadership skills
- You seek to understand human behaviour with the aim of improving communication and deepen relationships
- You want to learn the skills of effective communication and building strong relationships
- You desire a life-changing personal development experience



"Marie and Jeanine have established an enviable standard of coach training and practice. Every organisation in the region needs them on board now!"

— Sean O'Donoghue

Programme overview

Empower World offers an eight day, highly interactive ICF (International Coach Federation) approved **Coach Training and Leadership Programme** as well as a 10 hour ICF online **Mentoring Programme** delivered by ICF-approved coach trainers and mentors to become a certified coach. The ICF is the highly respected global professional coach accrediting body.

Completion of all eight training days together with 10 hours of mentoring by ICF-approved mentors meets the **Approved Coach Specific Training Hours (ACSTH)** pathway to becoming an ICF certified coach.

In these programmes, you will learn, experience and

practice the fundamental knowledge, skills and tools to become a professional coach who facilitates lasting positive change.

Our programmes are tailored to provide you with an intimate experience where you receive in-depth support from experienced and ICF recognised executive/life coaches, mentors and trainers. This ensures you are fully supported to become an accredited coach.

You will also experience a personal development journey where you will learn the skills to improve communication, deepen personal and professional relationships and create greater awareness about your vision, values and dreams.

Coach Training and Leadership Programme

Dates: January 19 – 20 2018
February 2 – 3, 23 – 24 2018
March 2 – 3 2018

Timing: 8am to 5.30pm

Location: Hilton Hotel Doha

Online Coach Mentoring Programme

Dates: May 9 & 23 2018
June 6 & 20 2018
July 4 2018

Timing: 8pm – 9.30pm for first 4 sessions
8pm – 9pm 5th online session (Doha time)
Last 3 hours to be scheduled and agreed



"Jeanine and Marie are passionate, skilled, creative educators, coaches and facilitators. Professionals with hearts of gold. Learning from them and growing as a result of being supportively challenged and coached every step of the way."

— Nicole van Hattem, The Raw Health Coach

Pathway to becoming an Associate Certified Coach (ACC)

Becoming an ICF Certified Coach requires the following:

- Attending a minimum of **60 hours** ICF-approved coach specific training.
Empower World offers a minimum 87-hour ICF-approved coach training programme.
- **10 hours** of working with an ICF-approved mentor coach.
Empower World offers an ICF-approved coach mentoring programme as outlined on page 5.
- A minimum of **100 hours** coaching client experience and practice logged and forwarded to the ICF.
Empower World supports participants to start their coaching practice.
- Completion of a multiple choice **Coach Knowledge Assessment (CKA)** directly provided by the ICF.
The Empower World Mentoring Programme prepares coaches for successful CKA completion.

Becoming an ICF Credentialed Coach via the ACTSH pathway requires:



Empower World's programme options

Empower World offers flexibility and choice by offering the following two programmes which can be taken together or separately:

1 An 87-hour ICF-approved coaching, leadership and personal development training programme

Completion requires:

- Attending eight days of face-to-face coach training
- Attending four online question-and-answer sessions with a coach mentor
- 18 hours coaching triad practice as a coach, coachee and observer of coaching sessions (one hour minimum in each role for each coach session). This includes:
 - 6 hours of coaching
 - 6 hours being coached
 - 6 hours observing one to one coaching
- Submit one hour recording of your coaching for mentoring feedback

2 A 10-hour online ICF-approved coach mentoring programme

Completion requires:

- Five sessions fortnightly for a total of seven hours of group online mentoring
- Three hours one-to-one mentoring based on two coach recordings
- Journaling learning and practicing the competencies in between online sessions

Completing both the coaching and mentoring programmes are part of the ICF ACSTH pathway to becoming an ICF ACC coach.



"I have attended many training, education and workshop events in my career – none of them have come close to being as powerful, informative, interesting and creating value and learning this course. Marie and Jeanine give 100%. They are committed to each and every person and want to share so much. Thank you."

— Sarah Lawson, Coaching Psychologist

About Empower World's ICF-approved Coach Training

You will learn:

- What coaching is and isn't – versus training, counselling, mentoring, therapy
- Effective communication techniques: building rapport, powerful questioning, active listening, understanding body language, provision of effective and empowering feedback, understanding behavioural styles
- Specific coaching models to structure a life-changing coaching conversation
- The attributes of a successful coach and coaching conversation/session
- How human behaviour and the mind works, and the impact on communication and behaviour
- Success principles and pathways which provide coaches and leaders with a much more 'detailed' road map to follow on the coaching journey with your clients
- The ethics associated with coaching
- A greater understanding about the role of emotions and how to utilize emotions, intuition and thought processes to overcome challenges and/or seize opportunities
- An understanding of the principles of self-management and leadership
- How to work with our saboteurs
- Effective goal-setting techniques based on the principles of success
- What the ICF core competencies consist of and how to meet them as a coach
- An awareness of learning styles: your own and other's
- How to uncover your client's purpose, vision and values

Other benefits include:

- An ability to practice each new skill, leading to carrying out a full coaching session in a safe, supportive environment
- Strong relationships with like-minded people
- Awareness of own strengths, areas of development and personal communication style
- Understanding of future steps and ways forward



"Jeanine, Marie and the Empower World family have really given me a gift of knowledge, and an understanding of how the way I react to situations is related to my beliefs. They are great teachers of life coaching and transforming perspectives."

— Tenneka Campbell, Senior Floor Manager, Al-Jazeera English Channel

"This programme provides phenomenal learning for both seasoned and new coaches. Jam-packed with a plethora of tools and learning, yet delivered in a meaningful and absorbable way."

— Zeina Moukarim, Manager of Strategy & PMO

About Empower World's Online Coach Mentoring Programme

Empower World's online coach mentoring programme is for people on the pathway to Associate Certified Coach (ACC) accreditation. The mentoring is geared to support participants develop their coaching skills based on the 11 core competencies of the International Coach Federation (ICF), build on their strengths, increase confidence and support them to find their own style of coaching.

This 10-hour programme prepares participants to take coach knowledge assessment (CKA) to gain their ACC level qualification with the ICF.

What you will experience:

- 10 Hours of mentoring meeting the ICF accreditation requirements under the ACSTH route
- Supervision and feedback from Master Certified Coaches on your areas of strength and development
- Peer-to-peer live coaching experience
- Triad coaching with you peers in between mentoring sessions
- Experiential activities and journaling work to deepen your learning and get the competencies 'in your bones'
- Ongoing support from mentors and participants and other coaches who have already been through the programme to continue to expand your coaching awareness
- Powerful exercises to solidify and expand skills
- Understanding the requirements for ICF certification application
- Understanding of the Coach Knowledge Assessment (CKA) expectations
- Seven hours of group mentoring online (maximum 10 participants in the group)
- 3 hours one to one mentoring on two of your recorded coaching sessions.

Pre requisites: Participants must have completed a minimum 60 hours ICF-approved Coach Training Programme from either Empower World or another approved organization.

Please note participation on this programme does not guarantee your ACC accreditation. For full details about the ACC accreditation please go to

www.internationalcoachfederation.org

Your mentor coaches throughout the programme are Empower World co-founders and ICF mentor coaches Jeanine Bailey and Marie Quigley.

The benefits:

In this intensive and highly-interactive programme, you will be supported to:

- Increase confidence in using the coaching competencies
- Identify your own 'blind spots' in coaching
- Learn to ask more powerful questions, and listen at a deeper, intuitive level
- Build a trusting partnership with the client
- Prepare for application to the International Coach Federation ACC qualification.

"Inspiring course, empowers you to unleash your strength and potential. Jeanine and Marie are great models."

— Ameera Al Kharaz, Psychiatrist

"This course gave me an awareness of the extreme power in coaching. It truly is a conversation like no other and I would highly recommend this course both for those who are looking to move into coaching professionally, or to others who want to unlock the power of coaching."

— Trish Mills

Your investment

- You have a choice of either investing in the eight-day ICF-approved **Coach Training and Leadership Programme** or the 10-hour online ICF-approved **Mentoring Programme** as stand-alone programmes, or invest in both programmes to become an ICF Certified Coach.
- A life-changing personal development and leadership programme
- Lifetime access to ongoing one-hour online sessions with an Empower World mentor coach
- Ongoing coaching practice with written feedback on a recorded session
- Training materials and excerpts from the Empower World Coach Training programme
- Lifetime Empower World Coach Training Membership, free resources and support from Empower World coach mentors and trainers to ensure your ongoing success
- Networking opportunities with like-minded people
- A lifetime discount of 10 per cent to our ongoing workshops and training



Coach Training:

15,000 QAR or 13,500 QAR if paid by 10 January 2018

Coach Mentoring:

10,000 QAR or 8,000 QAR if paid by 25 April 2018

Combined Coach Training and Mentoring:

25,000 QAR or 20,000 QAR if paid by 10 January 2018
(a saving of 5,000 QAR)

"This programme has taken me on an incredible journey of discovery. Not only have I learned a valuable new skill. I have also grown stronger as a person. I am now ready to embrace a new career and I am empowered."

— Leanne Manchanda

"This course is greatly rewarding and enriching. I whole-heartedly recommend this to those who consider a career in coaching or who work in a training or educational environment."

— Hilary Bell, Assistant Professor

"Be prepared to go on an amazing journey of self-discovery, self-awareness and exploration. Be prepared to uncover your true self: enjoy your journey!"

— Ren Wlasiuk

"This course really empowered me to stretch professionally. It provided me invaluable tools that I will use personally and in the work place."

— Wael Khoury, HR Manager & Consultant

About Empower World

Empower World is among the pioneers of the coaching profession in the Middle East. Passionate about sharing our knowledge and expertise with others who want to make a real difference in the world, we have developed and delivered highly interactive, professional ICF-approved Coach and Leadership Training and Mentoring Programmes. This training is designed to deliver the skills and techniques of personal and professional coaching, and also create powerful mindset and behavioural transformation.

We also offer executive and life coaching and facilitate workshops tailored to meet client needs for many large

organizations in Qatar and New Zealand. These include global, blue chip and Fortune 500 companies. Our individually tailored programs, workshops, and trainings focuses on coaching, leadership, teamwork and communication skills as well as supporting people and professionals to live a fulfilled, authentic and courageous life.

Empower World clients include:

Siemens, Vodafone, Msheireb, Georgetown University, Ooredoo, HEC Paris Business School, Texas A&M University, Aramax, Carnegie Mellon University and many more.



Marie Quigley,
 Co-Founder & Co-Director, Empower World

Jeanine Bailey
 Co-Founder & Co-Director, Empower World

● **Email** support@empower-world.com ● **Web** empower-world.com

Connect with us



"I would highly recommend to anyone to do the course with Empower-World. It has been a truly amazing journey of self-development, self-awareness and learning about all the coaching tools and how to apply them."

— Elsbeth Blekkenhorst-Tannes

"Be courageous, take responsibility and take the steps towards coaching with Jeanine and Marie. They will take you on a journey of discovery that you can apply for all areas of your life. LOVED IT!"

— Rachel Petero, Founder, Genviva and Rise2025