

ICF Approved Certified Coach Training & Personal Development Programme



- **Are you ready to learn skills to support and empower others?**
- **Are you ready to master your life and support others to master theirs?**
- **Are you ready to elevate your life, your relationships and make your dreams come true?**

Empower-World offers an eight-day certified coach training programme approved by the highly respected global coach accrediting body, the International Coach Federation (ICF).

Our training programme is tailored to provide participants with an intimate experience where they receive in-depth support from experienced executive/life coaches and trainers. This ensures everyone is fully supported to become an accredited and effective coach.

This experiential learning program provides the opportunity to coach, be coached and experience a deep personal transformational journey.

Completion of all eight days meets the Approved Coach Specific Training Hours (ACSTH) route required by the ICF for accreditation purposes: one of the ICF accreditation pathways.

Depending on your situation, we also offer a payment plan and it's possible to complete all eight days over different course timings. We offer the training three times a year, and after four days, you will have learned the foundation skills of coaching. Email support@empower-world.com to find out more.

Next Training Dates:
September 22, 23; October 6, 7, 20, 21; November 3, 4, 2017
Time: 8:30am to 5:30pm
Location: To be announced

YOU WILL LEARN

- What coaching is and isn't — versus training, counseling, mentoring, therapy etc.
- Effective communication techniques: building rapport, powerful questioning, active listening, understanding body language, provision of effective and empowering feedback.
- Specific coaching models to structure a coaching conversation.
- The attributes of a successful coach and coaching conversation/session.
- How human behavior and the mind works and the impact on communication and behavior.
- Success principles and pathways which provides coaches and leaders with a much more 'detailed' road map to follow on their coaching journey with their clients.
- Understanding different personality energies and communication styles, including ways people learn and experience their world.
- The ethics associated with coaching.
- A greater understanding about the role of emotions and how to utilize our 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 based on the principles of success.
- What the ICF core competencies are and how to meet them as a coach.

“ Every time I enter a training session with Empower World, I have high expectations and without fail, those expectations are exceeded. They have the perfect, authentic name. I am empowered by! ”

— Carole Taylor Williams,
Marketing Manager

“ 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

“ This 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

“ I came away from the session with not only the knowledge, tools and confidence to coach, but a newfound sense of myself and who I want to be. Thank you deeply. ”

— Dave Wilson

“ 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



WHAT YOU WILL EXPERIENCE

In addition to the course learning, participants get a chance to experience:

- A deep personal transformational development journey
- Ability to practice each new skill after it is learned, leading to carrying out a full coaching session in a safe, supportive environment.
- Building strong relationships with like-minded people.
- Awareness of own strengths, areas of development, personal communication style
- An awareness of future steps and way forward

REQUIREMENTS FOR ICF ACCREDITATION

All eight days training are ICF Approved Coach Specific Hours (ACSTH) required to apply for Accredited Certified Coach (ACC) status.

The ICF requires participants to complete the following for accreditation purposes:

- Attending a minimum of 60 hours of coach specific training (this programme is a minimum of 60 hours).
- A minimum of 100 hours coaching client experience
- A minimum 10 hours of working with an ICF accredited mentor coach. *This is not included in the coach training program.* Empower World offers a separate specific 10-hour mentoring program. See investment value and more information below about the mentoring programme.
- Completion of a multiple choice coach knowledge assessment through the ICF.



“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

“The coach training course was more useful and life changing than I ever could have imagined. I feel that with the skills, tools and knowledge I have gained from this course, I am on my way to becoming a masterful coach. Thank you Jeanine and Marie.”

— Layla Saad, Women's Life and
Wellness 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 so much.”

— Sarah Lawson,
Coaching Psychologist

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

— Ameera Al Kharaz, Psychiatrist



INVESTMENT

COACH TRAINING INVESTMENT ONLY

15,000 QR for total of eight days training (1,875 QR per day)

12,500 QR Early Bird Value paid before 7 September. Saving of 2,500 QR

A payment plan is also available. Email support@empower-world.com to find out more.

Enrolment includes:

- Training materials;
- Empower World Coach Training lifetime membership;
- Free coaching resources and support;
- Ongoing support to ensure your success;
- Attendance to regular ongoing online question and answer sessions and inclusive networking events;
- 10% lifetime discount on Empower World products, and
- Refreshments at the training

Coaches seeking to update their coaching knowledge and skills and/or experience training towards continuing education for accreditation purposes are also invited to attend. To find out if this is suitable for you, email support@empower-world.com with your questions or to schedule a call to find out more from one of our expert coaches.

COACH TRAINING & MENTORING PROGRAMME COMBINED INVESTMENT (For ICF Accreditation Purposes)

25,000 QR for total of eight days training and 10+ hours of mentoring for ICF accreditation purposes

19,000 QR Early Bird Value paid before 7 September. Saving of 6,000 QR

In addition to the eight days coach training, you will also experience coach mentoring designed to support you to live and breath the 11 core competencies of coaching as outlined by the ICF. The competencies – when truly lived and experienced – support both the success of the coachee and coach. This programme is designed to support successful completion of the ICF Coach Knowledge Assessment.

The mentoring programme consists of seven hours spread over five group online sessions and two times 1.5 hours individual mentoring with each of the two Directors of Empower World. These sessions are based on two recorded coaching sessions, which ensures you get specific feedback to support your success as a coach when supporting your clients.



About empower-world

Empower-World's founders are among the pioneers of the coaching profession in Qatar. They are passionate about sharing their coaching and leadership knowledge and expertise with others who want to make a real difference in the world.

As Professional Certified Coaches, they have developed and delivered highly interactive and experiential, professional ICF (International Coach Federation) approved coach training and mentoring programmes to deliver not only the skills and techniques of personal and professional coaching, but also to create real mindset and behavioral transformation during their programs.

Not only has Empower-World created and delivered life-transforming coach training, they also worked as executive coaches and facilitators delivering programmes, training and workshops tailored to clients' needs for many large organizations in Qatar and New Zealand. These include global, blue chip and Fortune 500 companies based in Qatar.

At Empower-World, we use a coaching approach that creates lasting change by asking powerful, constructive, and empowering questions. We have a professional passion for supporting people and creating successful, ecological, and measurable outcomes. We strive to make a significant difference to support people and organizations to make the changes they desire with a focus on the individual and results.

In our individually tailored programs, workshops, and trainings, we focus on:

- Coaching skills (ICF & ILM accredited coach training)
- One-to-one coaching
- Leadership
- Teamwork
- Communication
- Living a fulfilled, authentic, and successful life

At the core, our philosophy is to support individuals and organizations to be the best they can be and to ensure they are aligned with their personal truth. We believe that when an organization or an individual is aligned, they can be motivated and inspired to go the extra mile.

Empower World clients include some of the following: Siemens; Msheireb; Ooredoo; Georgetown University; HEC Paris; Texas A&M University; Aramax; Supreme Council of Qatar, Qatari Diar. FMM.

ENROLMENT

Email support@empower-world.com for enrolment and payment details or [Click Here](#).

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