

In-House F2F OR Virtual Coaching Skills Certificate 2 Day Programme

Experience what it's like to be an executive coach and begin to understand the power and success of coaching.

This two-day programme will introduce you to the principles and practice of coaching. Not only will you learn how **to use an effective four stage model that will allow you to begin coaching right away, you will also discover what kind of coaching is right for you.**

Programme Content

You will have access to expert tutor input from an experienced Executive Coach, and you will also receive expert and peer feedback as you test your "coaching wings" in small practice triads: coach - coachee - observer. Coaching skills are not just for the workplace - they have positive effects on all aspects of your life. You will enjoy improved communication with friends, family, colleagues as well as helping clients.

So, if you are completely new to coaching, then this programme is for you.

This programme is the gateway to our suite of highly accredited coach development programmes - your first step in becoming a professional coach.

ICF - provides 12 training hours completed as part of the Accredited Coach Specific Training Hours (ACSTH)

Discover and learn

Is coaching for me?

The Coaching Skills Certificate will allow you to experience coaching first-hand to help you decide whether you wish to train further in coaching and proceed onto our Practitioner in Executive Coaching Diploma. It is perfectly suited for both those who are looking to take their interpersonal skills to the next level as well as those considering integrating coaching into their work or embarking on a career as an executive coach.

What kind of coaching is right for me?

Reflect on and discover your personal coaching style and type of coaching you most enjoy (e.g. life coaching, career coaching, business coaching, performance coaching or transformational coaching).

Do I have what it takes to be a great coach?

If this is a whole new area for you then you'll be able to explore further whether this is a good career choice for you and to talk to a highly qualified coach as part of the process.



Dates

We work around your preferences.

Time

9:30am – 17:00pm (Dubai time)

Fees

TBC based on number of participants

What's involved?

- ◆ **Examine some of the definitions of coaching**
- ◆ **Look in detail at the differences between coaching, mentoring, counselling, training, managing, consulting and life coaching**
- ◆ **Develop your four essential coaching skills:**
 1. Listening
 2. Questioning
 3. **Reflecting back and mirroring**
 4. Paraphrasing and summarising
- ◆ **Discuss the powerful GROW model and its applicability**
- ◆ **Receive expert tutor input from an experienced Executive Coach and feedback from your peers as you practice**

Who is this programme for?

Anyone who would like to:

- ◆ **Learn about coaching**
- ◆ **Develop existing skills**
- ◆ **Improve their management technique**
- ◆ **Become more efficient in the workplace or motivate others**

People on previous programmes have included:

- ◆ Managers
- ◆ **Human Resource individuals**
- ◆ **Leadership and Development roles**
- ◆ People in employment transition
- ◆ **Small business owners**
- ◆ **Employers that have been requested to attend by their managers**
- ◆ **Individuals looking to become a coach or add coaching to their own business**

Your AoEC Faculty

Leila Rezaiguia, MA Chartered
MCIPD, PCC, ORSC, NLP, STC

Leila is Co-Founder & Managing Partner, Kompass and Head of AoEC UAE. She is a highly sought-after multi-lingual Executive, Systemic Team Coach and ICF Mentor Coach with over 23 years working with leading organisations and individuals to enhance productivity, maximise performance, and accelerate growth. She is renowned for her high energy, enthusiasm, passion, fun-loving nature, and her love for empowering, connecting and working with people from diverse cultures.

Merella is an experienced bi-lingual ACC Executive Coach, Entrepreneur, Director and Consultant with 30 years experience. Merella is the Winner of the 5th ICF Middle East Prism Award in 2021 (*this prestigious award celebrates organizations that have built strong coaching cultures*). She has been instrumental in creating a “Coaching & Mentoring Culture” at ADNOC consisting of a pool of 76 internal coaches, who were trained and Certified by ICF and a pool of over 700 internally trained mentors. This resulted in cost savings of over AED 9 million in under 3 years.

We also offer the Coaching Skills Certificate as an in-house programme.

Delivered as an in-house programme for your organisation we have the option to supplement the accredited certificate course to further meet your needs.

Please contact Leila Rezaiguia to start a **conversation:**

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