



Líderes entrenando a Líderes

< España - Italia - Portugal - Latinoamérica >

LEADER COACH

ONLINE



WHAT IS COACHING?

Coaching is the art of asking questions to help other people, through learning, to explore and discover new beliefs, which result in the objectives being achieved

Escuela Europea de Coaching - EEC

Coaching is founded on respect for the other person as a legitimate other, leaving space for them to be whatever they are. Coaching is training in communication and leadership skills to encourage self-knowledge and contact between the person and their environment. Our starting point is to interpret people as linguistic beings, who create themselves through language.

Professional coaching is a continuous professional relationship which helps people to achieve extraordinary results in their lives, professions, companies and business activities. Through coaching, the client deepens their knowledge, improves their performance and enhances their quality of life

International Coach Federation - ICF

PRINCIPLES OF COACHING



No one is in possession of the truth

The same reality can be seen from different points of view, and can thus lead to interpretations and conclusions that are different but equally legitimate.



People act as best they can within their capabilities

Coaching allows for the discovery of new ways of doing things as a result of changing limiting beliefs.



Every individual has a talent waiting to be revealed

The human being is complete - nothing is missing. Inside they have enormous potential just waiting to be unlocked. Coaching facilitates this liberation. The coachee is autonomous: they are the one who decides, who makes choices, and who ultimately resolves.



People can change

The facts cannot be changed, but the interpretation of the facts can: we can choose what interpretations we give them. Anything that is not genetic can be changed.



Confidentiality

Nothing that the coachee says leaves the coaching sessions, or the secure environment.



Being/Doing

Coaching differentiates between what we DO and what we ARE. It argues that we are much more than what we do, and we can choose who we ARE.

CONTENT



COACHING NOW, WHAT FOR?

Transformational leadership vs. Transactional Leadership | The relationship between coach and coachee | How to create context and trust | The importance of listening. The coherence between body, emotion and language.



TRAINING THE COACH CORE SKILLS

Change of type of observer. Identifying coaching concepts | Believes | Deeper approach to generating context and listening.



CURRENT SITUATION

Mental models: beliefs, facts and reviews. How to get the customer to question their limiting beliefs and change them by powerful ones. | 360° Feedback Tool Development and its implementation through case studies.



IDEAL SITUATION

Ideal situation and Action Plan | Power of a vision | Resistance to change | Tracking and measuring. Designing a conversation.

WHO IS IT FOR



English speaking professionals who want to increase their own leadership, their ability to influence a team and need to align themselves and their teams with the organization.





METHODOLOGY

This is an online program that allows participants to learn and develop skills and knowledge that will allow them to practice coaching abilities upon completion of the training process.

EEC experts have carefully designed this program, which include a wide range of practical exercises during the program that are monitored by experts to guarantee that participants not only understand the competencies and distinctions of Executive Coaching at a conceptual level, but that they are also sure and ready to put them into practice.

Participants have the opportunity to perform as coaches as well as coaching clients, and experience for themselves what coaching is.

COACHING PRACTICES

Each participant will have a private coaching process with one of EEC's professional coaches. Each coaching process consists of three individual sessions. These will be set by coach and coachee (participant) depending on their own agenda. The time for each session is between 2 hours and 1 1/2 hours.



DURATION

Leader Coach Program is 100% online and offers a total of 30 HOURS:

20 HOURS

training in online sessions

6 HOURS

coaching process

4 HOURS

of individual reading and
studying time

ICF APPROVED

This Leader Coach Program is an Accredited Coaching Training Program (ACTP), by International Coach Federation (ICF). This accreditation is reviewed every six months in order to confirm that the program meets ICF's high standards.

At the end of the program, the trainee receives the title by EEC as trained in an ACSTH program by ICF. This is enough to start a professional career as a coach in ICF. Accessing other certifications, such as ACC (Associate Certified Coach), PCC (Professional Certified Coach) and MCC (Master Certified Coach) by completing ICF standards (visit www.coachfederation.org).



BENEFITS OF TRAINING WITH EEC



All of our classroom trainers are also **active working in-company coaches** with extensive experience in executive coaching.



Our training is sustained by **real coaching experience** in a business environment.



The programmes have been designed from a **solid theoretical basis** of coaching and **proven experience in the field**.



We have trained more than **15,000 professionals**. Our programmes have a proven effectiveness of **15 years**



Our programmes are **adapted to the learning pace** of the participant and to the needs of each client.



We have the highest certification granted by the International Coaching Federation (ICF)



We offer a range of **programmes** that cover the comprehensive training of a professional coach



We offer post-training activities and services with EEC Alumni



Escuela Europea de Coaching
info@escuelacoaching.com
(+34) 917 001 089



eecc

Líderes entrenando a Líderes

www.escuelacoaching.com

