

# Both Level 1 and Level 2 training programs



Are 100% online and can be followed from the comfort of your own home or workplace

Fulfill requirements for the ICF certification



Blend online course, coaching practice, mentor sessions, Q&A and the possibility to meet experts from the field

# What makes the School of Change coach training unique?

It gathers an international and culturally diverse audience

It allows you to try different coaching approaches and choose the right fit for you

You become part of the School of Change community, where you can stay connected with other new or experienced coaches monthly

It is focused on self-development, self-reflection and self-awareness as the necessary foundation for coaching skills

# Coach training (level 1) checklist

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Our level 1 coach training is a virtual 6-month long journey with 62 contact learning hours that prepares you for the Associate Certified Coach Level with the International Coaching Federation.

## Part 1: Prerequisite for the Coaching Lab

- COACHING 101 WORKSHOP
- COACH TRAINING LEVEL 1 ONLINE COURSE
- 8 X Q&A SESSIONS
- PEER COACHING PRACTICE

## Part 2: Join the Coaching Lab at the Silver Level - certification track

- 5 X COACHING LAB
- 6 X LIVE MEET THE EXPERT SESSIONS
- 3 X 1:1 MENTOR COACH SESSIONS



# Coach training (level 2) checklist

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Our level 2 coach training is a virtual 6-month long journey with 66 contact learning hours that prepares you for the Professional Certified Coach Level with the International Coaching Federation.

## Prerequisite

- ICF ACCREDITED COACH TRAINING LEVEL 1

## Level 2 Training (6-months)

- 2 X COACHING WORKSHOPS
- COACH TRAINING LEVEL 2 ONLINE COURSE
- 8 X Q&A SESSIONS
- 6 X COACHING LAB
- 6 X LIVE MEET THE EXPERT SESSIONS



# COACH TRAINING TIMELINE

Level 1 for Associate Certified Coach

## MONTH 1

Coaching 101 workshop  
Online training & Q&A (weeks 1-4)  
Peer coaching practice  
Meet the Expert

## MONTH 3

Coaching Lab  
Meet the Expert  
1:1 Mentor Coaching

## MONTH 5

Coaching Lab  
Meet the Expert  
1:1 Mentor Coaching

## GRADUATION & CELEBRATION

or continuation to Level 2

## MONTH 2

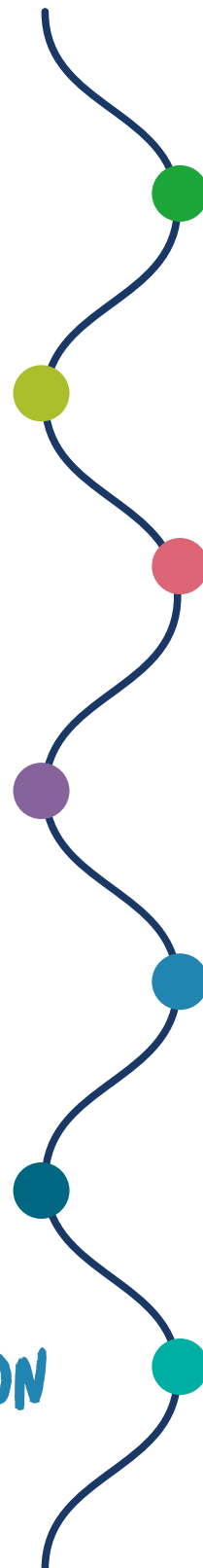
Online training & Q&A (weeks 5-8)  
Peer coaching practice  
Meet the Expert  
Coaching Lab

## MONTH 4

Coaching Lab  
Meet the Expert  
1:1 Mentor Coaching

## MONTH 6

Coaching Lab  
Meet the Expert  
1:1 Mentor Coaching



# COACH TRAINING TIMELINE

Level 2 for Professional Certified Coach

## MONTH 7

Online training & Q&A (weeks 1-4)  
Coaching Lab  
Meet the Expert

## MONTH 9

Online training & Q&A (weeks 5-8)  
Coaching Lab  
Meet the Expert

## MONTH 11

Coaching 102 Workshop  
Coaching Lab  
Meet the Expert

## GRADUATION & CELEBRATION

## MONTH 8

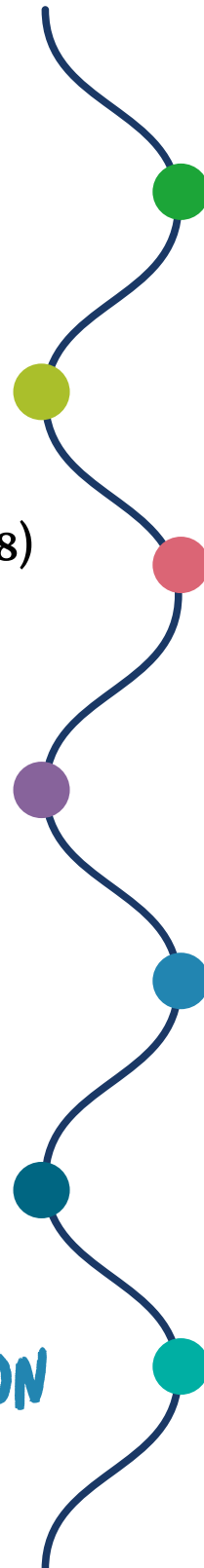
Coaching 102 Workshop  
Coaching Lab  
Meet the Expert

## MONTH 10

Coaching Lab  
Meet the Expert

## MONTH 12

Coaching Lab  
Meet the Expert



# COACH TRAINING

## PRICE LIST

### COACHING 101 ONLINE TRAINING

€ 1200

Includes:

- Free Coaching 101 Workshop
- Online coach training with 8x live Q&A sessions
- Peer coaching practice

Corporates: €1800  
NGOs/Students: €300

### LEVEL 1

€ 2400

Includes:

- Coaching 101 online training
- 5x Coaching Labs
- 5x Meet the Expert
- 3x 1:1 Mentor Coaching

Corporates: €3600  
NGOs/Students: €1300

### LEVEL 2

€ 5600

Includes:

- Level 1
- Online coach training (level 2) with 8x live Q&A sessions
- 6x Coaching Labs
- 6x Meet the Expert
- 2x Coaching 102 Workshops

Corporates: € 8200  
NGOs/Students: €2000

We operate a radical inclusion policy with free Coaching 101 workshops and payment plans to suit all financial circumstances.

Places for NGOs/Students are strictly limited and on application only.