

INTERMEDIATE COACH TRAINING COURSE



The Intermediate Coach training course is a formal progression of the STAR Foundation Coach training course, which takes your coaching skills to a professional level through evidence-based assessments and mentorship. On successful completion, students will be coaching at the industry recognised PCC level - the equivalent of having completed 500 coaching hours.

This course is accredited with the International Coaching Federation (ICF), and holds their highest coach training accreditation, namely the ACTP (Accredited Coach Training Programme)

AIM OF THE COURSE:

To extend and further develop students coaching skills acquired in the STAR Foundation coaching course by introducing additional methodologies, techniques and skills and deepening the understanding of the coaching process and critical success factors. This will enable students to apply practical and theory-based learnings at all coaching and management levels and acquire ICF approved ACTP (Accredited Coach training program) certification.

OUTCOMES OF THE COURSE:

At the end of this course, participants should be able to:

- Define and embody integrity and authenticity to self and others.
- Balance mind, body, spirit and emotions in order to create and maintain peak performance.
- Explore self-discipline to realise full potential of self and others.
- Demonstrate enhanced professional and personal relationships and advanced conscious conversations between self and others.
- Clarify and explain required ethical guidelines and professional standards in coaching as governed by the ICF (International Coaching Federation).
- Demonstrate enhanced effective questioning techniques.
- Manage progressive accountability with self and client.
- Consistently and accurately integrate and evaluate multiple sources of information from the coaching client.
- Facilitate accurate interpretations that help the coaching client gain awareness and reach their coaching goals.
- Demonstrate expertise using extended coaching models and theories including the SCARF Model (Status, Certainty, Autonomy, Relatedness, Fairness).

COURSE CONTENT:

MODULE 1: BE REAL AND TRUE • Coming into congruence

This module is a deep dive into authenticity, and clarifying our real blue-print, and a new frame of reference to anchor our choices to. To manifest the internal shifts we have been making requires a conversation for connection. It is through dialogue with another human being, that we 'merge' the inner shifts into our outer reality, without which, they remain un-lived and unspoken. This module aims to be an experience of wholeness and integration, a feeling of being in congruence with your Self.

MODULE 2: BE YOU • The transcendent self

Self-transcendence refers to the direct experience of a fundamental connection, harmony or unity with others and the world. It is the act of going beyond ego, usually as a result of love, service, or undivided attention for another. It captures any experience through which you come to know yourself free from the ego. REAL* Leadership is what is required to lead into the future. To be fully engaged, we must be physically energised, emotionally connected, mentally focused and spiritually aligned with a purpose beyond our immediate self-interest. (*Responsible, Empathic, Authentic Leadership)

COURSE DURATION:

- 16 weeks in total, including lecture days, contact days and non-contact days, in block release.
- 4 months in blocks release, with 3 lecture days per module (7 hours per day) with an average of 6 weeks in-between each block, to allow for textbook reading, self-study, coaching sessions, mentoring sessions, assessment tasks and written assignments. This course can be facilitated in person, in a classroom environment or online via Zoom sessions. For more information on the next intake format, please enquire below.

COURSE INCLUDES:

- 3 Professional Coaching sessions (student as the client)
- 4 Peer Coaching sessions given
- 4 Peer Coaching sessions received
- 5 Observed Coaching Sessions (Mentorship sessions)
- 3 Peer Observed Coaching sessions
- Written reflective assignments
- 1 Written exam
- 1 Oral exam (Observed Coaching assessment)

WHO SHOULD ATTEND:

- Individuals who have completed the Foundation course, looking for ACTP accreditation



FACILITATOR:

The course is facilitated by MCC Coach Savannah Steinberg.

Savannah is the Founding Director of STAR Leadership (Pty) Ltd and has over 15 years' experience in coach training internationally and locally. Savannah is a professional Executive and Leadership Coach, and facilitator in leadership, coaching and organisational learning and development.

Savannah holds one of the highest coaching credentials, the Master Certified Coach (MCC) through the International Coaching Federation, and also Master Coach and Evaluator for COMENSA. She is a Licensed Practitioner for the Science of Happiness at Work, Integrative Enneagram Solutions, and Barrett Cultural Transformation and can do organizational assessments in all. She holds a Masters Degree in Business and Executive Coaching and is currently completing her PhD in Applied Leadership through Monarch University, Switzerland. She is also an accredited Supervision Coach and has well over 2500 coaching hours. She is passionate about working with individuals to get them future-fit which entails mastering agility, self-love and authenticity, and learning to flourish in an uncertain and complex environment.

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