

CORE Coach Certification Program (CPC) • Outline

Course Objective

To prepare you to coach at a professional level, whether you are starting your own business as a professional coach or bringing coaching into your workplace. New Vibe Training certifies and prepares you to coach others as well for credentialing with the International Coach Federation (ICF).

Course Description

This 60-hour training program is both an academic and experiential strength-based learning format within the context of a cohort. You will not only learn how to coach, but be successful at transforming lives. The 5-module curriculum integrates the philosophy of coaching with actionable skills based on the ICF Core Competencies, giving you a strong theoretical foundation as well as tangible experience.

Course Format

The 5-Month certification program is delivered through a variety of formats including Google classroom, tele-classes, Zoom classes, mentor coaching, peer coaching, client coaching, and independent reading and exercises. Are all vital components of this educational and participatory coach training program.

Course Grading

All classes are pass/no pass, based on participation in 60 synchronous hours of training and completion of all required assignments as well as two quizzes and a final exam. All course requirements, including tuition, must be met prior to receiving your certification. A portion of the hours include the reading, videos, and course work assignments outside of class. At the end of the training, you will receive a certificate (CPC) Certified Professional Coach.

PATH TOWARDS ICF CERTIFICATION | 60 Coach Training Hours (CTH)

CORE Module 1: Philosophy of Coaching | 20 CTH | Zoom

This is a 2-Day intensive class that introduces the greatness of coaching as well as the philosophy of building a coaching platform. Our teaching application is from an ontological coaching guideline. We help facilitate the heart of the coach leading toward positive change with clients, customers, and others.

CORE Module 2: Application of Coaching | 10 CTH

This module is delivered through a series of weekly Zoom classes and tele-classes where you will go deeper into applied language and skillsets including: Solutions Focus, Neuroscience, Positive Psychology, and there will be 2 Zoom classes for 2 hours each at the start of this module.



- **ICF Competencies/Ethics Course Training | 2 CTH | Zoom**

This Zoom class focuses on the ICF core competencies and ethical guidelines to help coaches meet the standards for the ICF in their coaching practice and business.

- **Strength-base Coaching | 2 CTH | Zoom**

This Zoom class training focuses on discovering your strengths in order to coach others in their discovery and utilizes their strengths.

CORE Module 3: Mentor Coaching | 10 CTH

You will experience the coaching process as a client with your own ICF Certified Mentor Coach. This takes place over the course of 6 weeks in one-on-one coaching sessions.

CORE Module 4: Internship: (Peer Coaching and Practicum | 10 CTH

You will experience the coaching process as both a client and a coach with a member of your cohort. This takes place over the course of 6 weeks in one-on-one sessions. You will also have a session with your mentor coach to evaluate your progress from the ICF competencies.

You will experience the coaching process as a coach with a client you don't know. This also takes place over the course of 6 weeks in one-on-one sessions with a client. You will also have a session with your mentor coach to evaluate your progress and receive oral and written feedback.

CORE Module 5: Integration of Coaching | 10 CTH | Zoom | Graduation

This 2-Day Zoom, intensive class is the final module where you will integrate everything you have learned and move toward mastery. This course focuses on oral and written evaluations, a final, leadership coaching, building your coaching presents as well as receiving your coach certification of 60 (ICF) coaching training hours.

- **Assessment Training | 4 CTH | Zoom**

This training is divided up into 2 classes and is designed to equip the coach with strength-based assessment tools to incorporate into their coaching program. The following assessments are taken by the students and unpacked by the facilitator: Core Values Index (CVI), Meyers-Briggs, and the DISC.

- **Group Assessment Calls | 2 CTH**

Throughout the program, there are two one-hour group coaching assessment calls.

