

CERTIFICATION

The certification offered by **The Goldvarg Consulting Group** offer the **International Coach Federation (ICF)** Level 1 Accreditation. It is designed to develop coaching skills and provide professional services worldwide.

OBJECTIVES

Our program is designed to train participants to develop coaching skills. By the end of the program, participants are able to understand and apply **ICF Core Coaching Competencies** and enhance their personal and work effectiveness.

Topics covered include:

- Coaching Agreement
- Building a Partnership
- Communication Skills
- Coaching Presence
- Cultural Diversity
- Emotional Intelligence
- Positive Psychology.

The program includes coaching practice and work with a mentor coach who provides feedback from recorded sessions. Potential certification participants include: human resource partners, training, and organizational development professionals, leaders, and managers.

INSTRUCTOR



Damian Goldvarg, Ph.D., Master Certified Coach, will be the lead coach on this program. He is the President of The Goldvarg Consulting Group, a management consulting firm that works with Fortune 100 companies worldwide, as well as with local community based organizations in Los Angeles County, offering services in English, Spanish, and Portuguese.

Dr. Goldvarg has thirty years of consulting experience as a trainer and in developing leaders and empowering people at their workplace. He provides services in: executive coaching, organizational assessment and intervention, leadership training, performance feedback, and group facilitation. He has been training coaches, mentor coaches, and coach supervisors for ten years.


He has worked in more than forty countries and with different levels of management. He was the Global Chair of the International Coach Federation Board of Directors in 2013 and 2014 and author of five coaching books.

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PROGRAM DETAILS

The program lasts 80 hours with the following components:

1. **Webinars** (Total: 32 hours in 16 sessions of 2 hours each for 4 months)

Participants have to attend to 80% of the classes to receive the certification of attendance.

2. **Readings** (Total: 12 hrs)

Participants need to plan to spend an average of 1 hr. per week for readings, 16 hours total.

This program will assign readings from two texts:

- *Emotional Intelligence 2.0*, Greaves, J., Lencioni, P. TalentSmart. (2009).
- *Professional Coaching Competencies*, Goldvarg, Matthews, and Perel (2018).

3. **Individual Mentor Coaching Sessions** (Total: 3 hrs)

The individual sessions are an additional ICF certification requirement.

Participants complete these individual sessions with a certified mentor coach.

These mentor coaching sessions must be arranged individually based on mutual availability.

4. Coaching Practice (Total: 15 hrs.)

To assist participants in building their coaching skills, they have to schedule 5 coaching sessions with at least 3 individuals for a total of at least 15 hours. These hours count towards the 100 hours of certification required for ICF ACC –Associate Certified Coach Credential.

5. Individual Coaching Sessions (Total 5 hrs.)

Participants will receive coaching from program graduates to understand how coaching works and experience being a coachee before working professionally as a coach.

6. Group Mentor Coaching (Total 10 hrs.)

Participants meet in small groups four times for 2.5 hours each, to practice and receive feedback from a Mentor Coach.

7. Coaching Supervision (Total 5 hrs. Optional)

Participants will meet with a Coach Supervisor to reflect on their work including challenges, blind spots, and emotional reactions.

PROGRAM FEES

\$7,000. Includes Mentor Coaching

ROAD TO ICF CERTIFICATION

In order to follow the Level 1 path to become an **ICF Associate Certified Coach** (ACC), participants will need to:

- Submit **Coaching Tools Certificate of Completion to ICF** (you will receive the certificate after completing all program requirements).
- Log a minimum of 100 hours of client coaching experience (Coaching Tools Certification will fulfill the first 15 hours towards this requirement).
- Complete the **ICF Coach Evaluation** (multiple choice test)
- Submit a fee of \$350 to **ICF** (\$175 if you are an ICF member).

Please see ICF website (coachfederation.org) for further details on ACC application requirements.



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