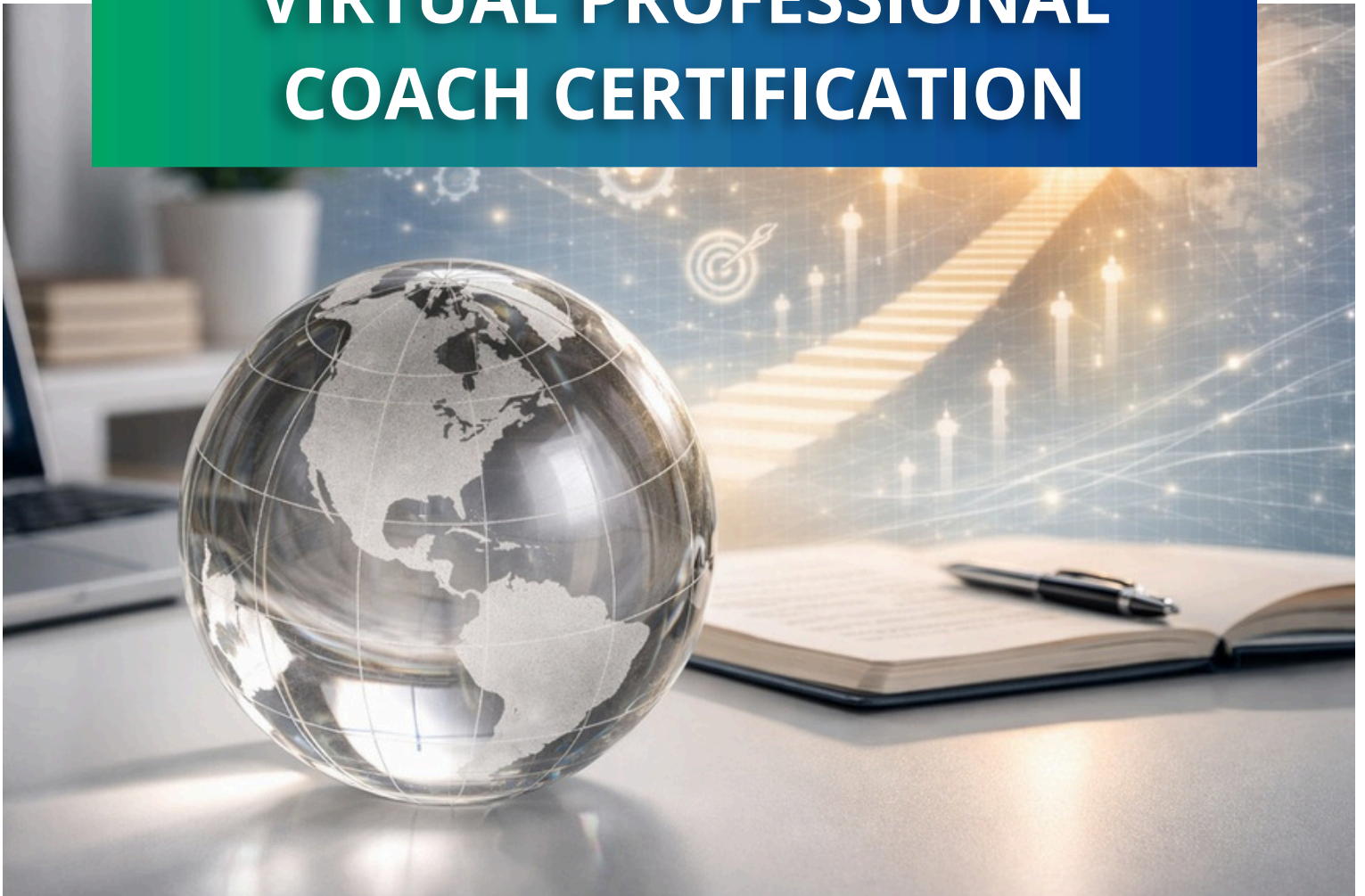




GOLDVARG
Coaching Group

VIRTUAL PROFESSIONAL COACH CERTIFICATION



October 1, 2026 to March 4, 2026

LIVE SESSIONS: THURSDAYS, 3:00–5:00 PM PACIFIC

- ICF Level 1 accredited training (aligned to ICF Core Competencies)
- Live instruction + guided practice every week
- Individual + group mentor coaching (required for Level 1 pathways)
- Tools for emotional intelligence, communication, and inclusive coaching
- A clear pathway to pursue the ICF ACC credential

This certification is designed for professionals who want to coach with skill, credibility, and confidence—using an approach that is practical, human-centered, and aligned with the International Coaching Federation (ICF).

- Create clear coaching agreements and coach with structure and flow
- Demonstrate ICF Core Competencies in real coaching conversations
- Listen and communicate at a deeper level—without over-advising
- Work skillfully with emotions, values, and motivation
- Coach across culture, identity, and context with greater inclusion
- Use feedback from recorded practice to improve faster

- Leaders and managers who want a coaching mindset
- HR, OD, L&D; professionals and internal coaches
- Consultants, trainers, and facilitators expanding into coaching
- Professionals transitioning into coaching as a career

- Coaching presence, trust, and partnership
- Powerful listening, questioning, and communication
- Emotional intelligence in coaching conversations
- Positive psychology tools for sustainable change
- Ethics and professional standards
- Diversity, equity, inclusion, and cultural competence

Book an info call to confirm fit, cohort readiness, and registration steps.

Email: info@goldvargconsulting.com **Phone:** (310) 836-7618

Website: www.goldvargconsulting.com **Social:** @damiangoldvarg

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

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.

Contact Information:

 info@goldvargconsulting.com

 www.goldvargconsulting.com

 [damiangoldvarg](https://www.linkedin.com/in/damiangoldvarg)

 (310) 836-7618

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.

Tuition: \$7,000 (includes required mentor coaching)

- ICF Level 1 accredited coach training
- Live instruction, practice labs, and guided skill building
- Individual + group mentor coaching feedback
- Learning resources and structured reflection
- A cohort community to support your growth

After completing this program, you can pursue the ICF Associate Certified Coach (ACC) credential. In addition to your certificate, you'll need coaching experience hours and to complete ICF's assessment requirements.

- Submit your Certificate of Completion to ICF
- Log at least 100 hours of client coaching experience (your practice in the program supports this pathway)
- Complete the ICF Coach Knowledge Assessment
- Pay the ICF application fee (member/non-member rates apply)

Book an info call to confirm fit, cohort readiness, and registration steps.

Email: info@goldvargconsulting.com **Phone:** (310) 836-7618

Website: www.goldvargconsulting.com **Social:** @damiangoldvarg



GOLDVARG
Coaching Group