PROFESSIONAL COACHING MASTERY CERTIFICATION ENCOMPASSING CHILD/ADOLESCENT DEVELOPMENT AND PARENTING



ACSTH
ICF APPROVED COACH SPECIFIC TRAINING HOURS
ICF

IGNITE GLOBAL

ICF Coaching Education

LEVEL 1
ICF-ACCREDITED COACHING EDUCATION

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COURSE OUTLINE

Component	Coverage of ICF Core Competencies	Non ICF Coverage	No of Hours Delivered In Person or Virtually (Live)	Self-paced	Total Number of hours
Live Virtual Training	32h		32h		32h
Coaching Incubator- Virtual Observed Coaching Practice	12h		12h		12h
Child/Adolescent and Parenting Development Education		20+h		20+ h	20+h
Coaching Incubator (Pre- Recorded Case Study)				10h	10h
Coaching Practicum- Coach a child/adolescent and a parent alongside the training as practical experience				Minimum 6	Minimum 6
Self Study ICF Code of Ethics Coaching Agreement Reading Guide	20h			20h	20h
Assessment: Submit a Recording of a Coaching Session with a Minor Client above 10 years old along with the Self Evaluation				15h	15h
					100+h

Module 1
Artistry of Child/Adolescent Development and Parenting Coaching as a Profession

In this Module, you will gain a deep understanding of how to set the foundation to coaching children, adolescence and parents. You will also learn how to establish the Coaching Agreement and build a coaching practice meeting Ethical Guidelines and Professional Standards and more...

Some topics we will be exploring

- It starts with the heart
- What does it take to become a professional Child/adolescent development and parenting coach?
- Exploration on industry definition of Coaching
- History and evolution of coaching
- Fine line between Therapy, Counseling, Consulting and Mentoring VS Coaching
- Debriefing the coaching journey from a practical perspective
- Not just a coach! Aspire for mastery.
- 1Value proposition of coaching from the client's perspective
- Choosing a Coaching Specialty or Niche
- Embodiment of Coaching Mindset as a Professional child adolescent development Coach
- ICF Code of Ethics

Module 2
Establish an Authentic Relationship with your Client

In this Module, we will explore how to establish trust and emotional intimacy with clients and set the foundation for an authentic coaching relationship. To deepen your awareness, we will address some of the most important relationship dynamics every Child/Adolescent Development and Parenting Coach must know and more...

Some topics we will be exploring

- Human relationship dynamics
- Parent-child relationship
- Relationship building character qualities
- Establishing rapport
- Connection before correction
- Trust as the foundation of the relationship
- Accompanying clients through their fears and intense emotions
- How to exude confidence in your body language as a coach

Module 3
Coaching Communication as a Golden Key to Unlock Development and Sustainability

In this Module, we will explore the difference between communication and expression. You will be introduced to powerful professional communication styles with hands on experience and more...

Some topics we will be exploring

- Are you a hearer or a listener?
- What are we listening for? Story of disappointed elementary-school student Clara.
- Tips and tricks for becoming an Engaged Listener
- Listening goes beyond the ears!
- Understanding how children communicate
- The golden key to cure to the 'my child never listens to me syndrome'
- Inward Listening - an essential for a New Coach!
- Kinesthetic listening – the art of note taking while coaching.
- 60 minutes before a Coaching Session!
- Gaining mastery of coaching with Intuitive listening
- What if the client is going in rounds with no value creation?

Module 4
Child/Adolescent and Parenting Development Coaching science as a Result Generating Agent of Sustainable Change

In this Module, you will expand your knowledge on how you can help your clients achieve tangible results beyond just surface level goal achievements and more...

Some topics we will be exploring

- Master providing feedback as a coach
- Coach as a storyteller – Creativity as a powerful coaching tool
- Questions are more powerful than answers
- Stages of Change
- Catalyst of true change - External Motivation vs. Self-Motivation
- Creating a Vision
- Foundation of coaching - Setting Goals
- Coach as a strategist of client success
- What happens in-between coaching conversations?
- Tactics for Encouraging and celebrating clients
- Essentials for professional development.

Module 5
Mastery of Emotional Intelligence

In this Module, we will dive deep into exploring Emotional Intelligence. We will discuss , it is important to learn how to master your emotional guidance system as a Professional Child/Adolescent Development and Parenting Coach and more...

Some topics we will be exploring

- How a coach works with emotional intelligence
- Create opportunities for learning through expressions of emotions
- The link between emotional well being of the parent/s and the development of the child
- Can children develop empathy?
- Express emotions through creativity- creating mind-body connection through emotions
- How to navigate client's Intense Emotions
- Using Models to Strategize Problem Solving
- Some Popular Approaches and Tools that can complement coaching

Module 6
Best Child, Adolescent and Parenting Development Specialized Methods Supporting Coaching as a Reflective Practice

In this Module, you will gain a foundational understanding of the emotional and social development of children and adolescents along with parenting science and more...

Some topics we will be exploring

- Beginning of life! Magical Years- Early Childhood Development
- What does it take to become a Parent?
- Parenting behavior and effective Role Modeling
- The Visionary Parent Model
- What is Reparenting and How to Begin