

CERTIFICATE IN COACHING

Coaching with confidence

*Grow, Shine & Thrive
From Within*



Who is this Program for? If you fit any of the below criteria, then this program is for YOU!

- Searching to become a certified coach to start your own coaching business
- A leader looking to grow the skills of your team members through coaching
- A parent or citizen wanting to gain coaching skills to create a better impact on people around you

Description: A coach-training certification program combining deep coaching skills and techniques, with the learnings from 40-years of coaching experience, to equip participants with the needed capabilities to become competent and confident coaches, honoring the ethical standards of ICF.

Program Outcomes:

- Become a **Competent**, and **Confident** Coach who honors high ethical standards
- Acquire the skills needed to facilitate the growth and development of people around you
- Enhance your leadership by relying on coaching skills
- Gain the steps needed to launch your own coaching business
- Be fully prepared to apply for an Associate Certified Coach credential with ICF


* This program will be submitted for ICF accreditation by the end of 2023.

Module 1 Setting the foundations

By the end of this module,
you will be able to:

- Define what coaching is & is NOT
- List the skills needed to be an ethical and competent coach
- Specify the difference between coaching and other practices
- Outline the components of our coaching framework
- Design a trusting relationship with your client

 Dates: **February 16, 23,
March 2, 9, 16 & 23**

 Time: **6-8pm EEST**

Module 2 Building coaching skills

By the end of this module,
you will be able to:

- Practice how to listen deeply
- Ask powerful questions skillfully
- Apply diverse techniques to create sustainable transformation
- Rely on coaching skills to better lead your team

 Dates: **March 30,
April 4, 11 & 20**

 Time: **6-8pm EEST**

Module 3 Deepening the coaching conversation

By the end of this module,
you will be able to:

- Acquire different tools to deepen the coaching experience
- Align coachees to their vision and purpose
- Create a safe space for the coaching conversation

 Dates: **April 27,
May 4, 11, 18, 25
& June 1**

 Time: **6-8pm EEST**

Module 4 Establishing your coaching business

By the end of this module,
you will be able to:

- Define your coaching niche
- Introduce yourself as a coach
- Launch your own coaching business
- Apply for an Associate Certified Coach credential with ICF


 Dates: **June 8, 15 & 22**

 Time: **6-8pm EEST**

Mentorcoaching sessions

By the end of this module,
you will be able to:

- Define areas for your own development as coaches
- Work with your mentor to integrate the ICF core competencies into your coaching
- Become more effective and skilled coaches

 Dates: **Group
mentorcoaching sessions:
April 25
May 2, 9, 16, 23, 30
June 6**

 Time: **6-7.30pm EEST**

**Individual mentorcoaching
sessions: starting June 13**

Methodology: This program is a combination of live webinars, mentorcoaching sessions and personal work done through weekly assignments. The program combines theory, experiential learning, fun exercises and a lot of practice. We strive to create an outstanding experience for our participants so they can learn and develop while having fun and enjoying their journey.

 **For registration: [click here](#)**



Chérine DEBBAS 

Chérine is an Executive coach and a family business advisor. Chérine works with executives, teams and family businesses on their performance, leadership, communication and alignment to ensure business success and sustainability. Chérine holds several coaching certifications: “Professional Certified Coach”(PCC) from ICF, “Professional CO-Active Coach” (CPCC) from The Co-Active Training Institute, “Organizational & Relationship Systems Certified Coach” (ORSCC) from CRR Global, “Team Performance Coach” (CTPC) from Team Coaching International. She also holds a Master of Science in Management from HEC France.



Nadine ZEINOUN 

Nadine is an Executive, Leadership & Emotional Intelligence Coach. She is currently the president of the ICF Lebanon Chapter. Nadine works with corporate leaders who are struggling with disengaged teams that are performing below expectations. She helps them develop into emotionally intelligent, self-aware leaders who are capable of exceeding all business objectives while inspiring a happy, harmonious, high-performing team. Nadine holds a “Professional Certified Coach” (PCC) credential from the International Coaching Federation (ICF). She has acquired many certifications on several team and leadership assessment tools: EQi-2.0/360, TMSD-i, C-IQ, MLEI by John Mattone. She is also a basic NLP practitioner.



Roula EID 

Roula is an Executive & Systemic coach. She works with leaders, and executives helping them unleash their potential to be successful and fulfilled. She also works with teams, to help them navigate the change, create alignment and be high-performance systems. She is the Front Of Room Leader (FORL) at CRR Global. She taught and coached several topics at USJ, ESA & Antonine. Roula is an Organizational and Relationship Systemic Coach (ORSCC) from CRR Global and holds a Professional Certified Coach (PCC) from ICF. She did her Maîtrise in “Industrial & Commercial Business” at USJ-Lebanon. She is a member of the ICF chapter in Lebanon. In 2013 Roula was recognized among the top 100 women leaders in the MENA region and in June 2022 she was recognized among the top 15 coaches in Ottawa-Canada



Nayla YAZBECK 

Nayla is a Life Coach and an expert in youth coaching. She is certified in Generative Collaboration by Robert Dilts, in Mindfulness by “MISP” (Mindfulness in School Project - England) to teach the “.b program” and in John Mattone’s Leadership Enneagram Inventory (MLEI). She coached hundreds of teenagers and adults and accompanied them towards their self-fulfillment and the optimization of their talents. Nayla also gives coaching sessions and public speaking courses in ESA Beirut and USJ FMD. She holds a “Professional Certified Coach” (PCC) credential by the International Coaching Federation (ICF) and is a board member of ICF Lebanon Chapter.