

# CERTIFICATE IN COACHING

## Coaching with Confidence

Edition 2025-2026

Cohort 5

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 45 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
- Gain the steps needed to launch your own coaching business
- Be fully prepared to apply for an Associate Certified Coach credential with ICF

**EARLY BIRD DISCOUNT**

Program fees: 3290\$ (Fresh)

Before September 5, 2025 : 2990\$ (Fresh)

**LIMITED SEATS AVAILABLE**



For registration: [click here](#)

Instagram: cfp.usj Facebook: Centre de Formation Professionnelle-USJ

LinkedIn: Centre de Formation Professionnelle-USJ X: @CfpUsj

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\* This program is accredited by ICF.

## 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: **Oct 2-9-16-23-30**  
**Nov 6-13-20 2025**

 Time: **6-8pm**  
(Lebanon time)

## 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

 Dates: **Dec 4-11**  
**Jan 8-22 2026**

 Time: **6-8pm EEST**  
(Lebanon time)

## 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: **Feb 12-26**  
**Mar 12-26**  
**Apr 9 2026**

 Time: **6-8pm**  
(Lebanon time)

## 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: **Apr 23-20**  
**May 7 2026**

 Time: **6-8pm**  
(Lebanon time)

## Mentor coaching sessions

During these sessions, 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 mentor coaching sessions:**  
**Dec 18 | Jan 15 | Feb 19 |**  
**Mar 5-17 | Apr 1**

 Time: **6:00-7:30 pm**  
(Lebanon time)

**3 Individual mentor coaching sessions: 17 Mar 2026 - 28 May 2026**  
(based on availability of mentor and mentee)

**Methodology:** This program is a combination of live webinars, mentor coaching 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 and 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.



## 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 and she is a board member at ICF Ottawa. 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) and an Advanced Certification in Team Coaching (ACTC) 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.



## Nadine ZEINOUN

Nadine is an Executive, Emotional Intelligence & Team Coach. She is the president of the ICF Ottawa 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. Nadine hosts a TV show for leaders entitled “Shine your Light”.



## Nayla YAZBECK

Nayla is a certified coach by Erickson International, and a certified executive coach by John Mattone Global in Leadership Enneagram Inventory (MLEI). She is specialized in youth coaching by International Mozaik and has a certification in Generative Collaboration by Robert Dilts, and in Mindfulness by “MISP” (Mindfulness in School Project - England). She holds an NLP practitioner certification from the American Board of NLP and a TLT certification from the TLT association. Nayla 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 and USJ FMD. She holds a “Professional Certified Coach” (PCC) credential by the International Coaching Federation (ICF) and is a former board member of ICF Lebanon Chapter.



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