

Intellect.

Certified Professional Coach Program



About the program

Tailored to fit with the Arab culture and approved by the International Coach Federation (ICF), Intellect's Certified Professional Coach (CPC) Program is the first in the world to be delivered in the Arabic language.

With the tremendous changes that are happening in the world, people are wrestling with job insecurity and increased workplace pressures to perform at higher levels than ever before. The Coaching process helps clients dramatically improve their outlook on work and life while improving their leadership skills and unlocking their potential.

The Certified Professional Coach is responsible for discovering & aligning with what their client wants to achieve, encouraging clients' self-discovery and holding the client responsible for their actions. Through this unique learning experience, every participant will be able to support clients to continually reframe their problems and to continue to take actions towards resolving them.



Program Objectives

- Know-how for running professional coaching sessions that help clients unleash their potential in overcoming obstacles.
- Achieve progress and sustainable success with your clients, you need to gain a mastery of the ICF core coaching competencies as well as some proven coaching techniques, strategies of change and a deep understanding of the client's needs.
- Understand the different coaching models and how to apply them when it comes to a real-life coaching session.
- Become aware of how to build a rapport with the client using science-based tools and techniques to make a strong connection with them.
- Recognize the tools and techniques of understanding your inner self, as well as the client's self, which will help you understand more how to deal with the client and benefit them the most.

Why Invest in this program with Intellect?

- Intellect Coaching School is a leading Coaching and Development Provider In Egypt and the MENA region with more than 800 graduates over the past 9 years.
- Our Customized coaching approach is adapted to Middle Eastern culture and relevant to real life cases to provide you with proven tools and techniques to help your clients succeed.
- Become an ICF Certified Coach with 90 ICF Approved training hours.
- Knowledge transfer from ICF credentialed Coaches with +3000 coaching hours' experience.
- Be a part of the "Intellect Coaches Community", the biggest coaching community in Egypt and enjoy all the shared experiences, knowledge, discussions, activities and events.

Program Content

The Foundation of Coaching

- Introduction to essential coaching qualities (ICF code of ethics and Core Competencies)
- Coaching skills
- History of Coaching
- ICF Definition of coaching
- Three main coaching pillars
- Coaching types
- Support Vs Challenge in coaching
- Coaching Presence techniques
- Advanced coaching techniques
- Coaching structures and processes
- Coaching tools

Coaching competencies

- Listening: 5 levels of listening by Dr. Elliot Rosenbaum
- Types of thinking questions by David rock
- What is self-awareness?
- Grow Model
- Wheel of balance
- Circles of Control, Influence and Concern
- Wheel of life tool
- The Wellbeing Theory
- The four pillars of a Decision Making
- Values
- Thoughts
- Emotions- Emotional maturity
- Wheel of emotions
- DISC
- Myers-Briggs Type Indicator (MBTI)

How does the brain work?

- Conscious vs Subconscious mind
- Different definitions to the conscious, subconscious
- Self-Concept Theory by Carl Rogers

How does insight develop?

- Four faces of insight by David rock
- Six stages of change by Prochaska
- Cognitive Distortions
- Habits
- Six sources of change

Extra Readings

- Understanding the different types of clients, their needs & challenges
- The life balance & life planning/designing
- Different coaching models & Intellect COACH model
- Coaching techniques & overcoming client challenges, fears & limited beliefs
- Powerful questioning to trigger new dimensions of thinking & creating awareness
- Setting action plans & measuring progress
- Personality types & different communication styles
- ICF Code of Ethics & getting accreditation

Is this the right program for you?

The program will appeal to you if you are:

- Individuals interested in coaching as a career
- Individuals interested in integrating this knowledge to their work
- Individuals seeking self-development

Training Hours



ICF Certified Hours

Program Trainer



Hossam El Ghoroury, ACC

Hossam is a Certified Coach from the International Coach Federation (ICF) and a Certified Family Counselor as well as a Certified LiveBy Design Coach - Young Adult Edition dedicated to Character Building.

Hossam has been passionately helping clients since 2011 (One-on-One and Group Coaching) through different aspects of their lives; relationships, personal development, weight loss, self-esteem and exploring career paths, shifts, and Start-Ups

Certificates:

- Associate Certified Coach (ACC) / ICF
- Gottman Method Couples Therapy (Level 1 & 2)
- Certified Imago Therapy
- Certified Positive Psychology Coach
- Certified Family Counselor



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