

boas

coaching essentials

2024 cycle

Calendar

	April	May	June	July	August	September	October
LIVE	1. Group classes	VIA		ACCORD			
	2. Group mentor coaching	GMC 1	GMC 2	GMC 3	GMC 4		
	3. Indiv. mentor coaching				IMC 1	IMC 2	IMC 2
	4. Co-coaching sessions						
NON-LIVE	5. ICF Core Competencies	Intro CC CC CC CC	CC CC CC CC Conc				
	6. Performance evaluation					Submission	★

★ Estimated graduation

-- LIVE hours --

1. Group classes: Weekly 2-hour sessions

Tuesdays at 09.30 UK/10.30 CET/18.30 AEDT OR 9.00 MT/16.00 UK/17.00 CET

Deepen your understanding of VIA, a powerful and cohesive model applicable to all coaching needs, and explore ACCORD, a valuable tool for transformation, to structure your co-creative conversations. Each of these modules lasts for five weeks, with a 2-hour session each week at two different times to accommodate participants from different time zones worldwide. During these sessions, you will receive conceptual frameworks, insights, and information to guide and refine your coaching skills. Practical training, including feedback based on direct observation of your coaching in action, will also be provided.

After each session, you will be invited to complete a self-led activity to stimulate your reflection and deepen the learning. The estimated duration for this self-led activity is 1 hour.

- 1 VIA: 5 weekly sessions from Tuesdays from April 23 to May 21
- 2 ACCORD: 5 weekly sessions from Tuesdays from June 4 to July 2.

2. Group mentor coaching: One 1-hour introduction plus three 2-hour sessions

Thursdays at 09.30 UK/10.30 CET/18.30 AEDT OR 9.00 MT/16.00 UK/17.00 CET

Improve your coaching skills by identifying key areas for learning, guided by an expert mentor. Engage in a collaborative learning experience, drawing from and contributing to the experiences of your peers.

- 1 Session 1 (1 hours): May 2.
- 2 Session 2 (2 hours): May 16.
- 3 Session 3 (2 hours): June 13.
- 4 Session 4 (2 hours): June 27.

3. Individual mentor coaching: Three 1-hour sessions

Sessions are scheduled at a mutually agreed upon convenient time for you and your mentor

These one-on-one sessions will support you in becoming more aware of your coaching strengths and focusing on areas of growth that will have the most significant positive impact on your coaching competency.

- Suggested timeframe: One 1-hour session every 5 weeks from July to September 2024.

The suggested timeframe mentioned above is just a recommendation. All the sessions are scheduled using boas online portal and can take place between June and November 2024.

4. Co-coaching sessions: 90- or 120-minute optional sessions for collaborative learning Sessions are scheduled at a mutually agreed-upon convenient time for you and your fellow team members

Practice your coaching and provide/receive feedback from other fellow participants of the program.

- Suggested timeframe: At least four sessions from April to July 2024.

The faculty team members do not participate in these sessions. However, participants are welcome to use the LIFEdance conferencing system for this purpose and follow a suggested agenda. We recommend that participants record the sessions and submit them, along with a transcript, to fulfil the graduation requirement for observed coaching.

Please allocate 90 minutes for two-participant and 120 minutes for three-participant co-coaching sessions. There is no minimum or maximum number of sessions required. We recommend participating in at least two co-coaching sessions during the VIA and ACCORD weekly classes. However, it is advisable to hold co-coaching sessions while you are engaged in the program.

- - NON-LIVE hours - -

**5. ICF Core Competencies: A series of 10 videos, accompanied by reflective questions
Expect each episode to take approximately 60 minutes**

Deepen your understanding of the updated ICF Coaching Competencies by watching Zora provide a fresh perspective on each aspect of this essential guide for coaches. Let her stimulate **your** perspective as you respond to her questions.

- Suggested timeframe: Begin working on one episode per week as soon as you gain access to the course. At the latest, aim to complete one episode per week while attending the VIA and ACCORD weekly classes (VIA: from April 23 to May 21 and ACCORD: from June 4 to July 2).

6. Performance Evaluation

The evaluation involves submitting a coaching session along with its transcript. To prepare for this submission, participants are required to practice their coaching skills throughout the entire program and record their coaching sessions. Once they identify a session that best showcases their coaching skills, they are encouraged to submit it. The recommended submission date is September 30, 2024.

★ Estimated graduation

Students who fulfil all graduation requirements in a timely manner are expected to graduate by October 2024. However, due to potential delays in work submission by participants, the timing of graduation may vary for each individual. It is expected that students fulfil all graduation requirements within 24 months of commencing the program or by the conclusion of the subsequent program cycle, whichever period is longer. Beyond this timeframe, participants must retake the program to qualify for graduation.