

A man in an orange jacket and grey hoodie sits on a large, dark, columnar rock formation. The background is a large, dark, rocky mountain peak under a cloudy sky. The text 'PROFESSIONAL COACHING SKILLS' is overlaid on the left side of the image.

# PROFESSIONAL COACHING SKILLS

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**neuro  
minds**

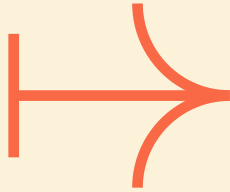


Course held in London, Algarve (Portugal), Oslo, Amsterdam, Perth (Australia) and Nairobi.

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**If you are looking to become a great coach, consolidate your coaching skills and have global recognition for your achievement; this is the course for you.**

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**You will gain Part 1 of the Part 1 of the International Coach Federation Accredited Coach Training Programme (ACTP)** as well as a separate certification in use of the Extended DISC psychometric tool. This course leads to part 2 of the ICF ACTP programmes.

### **During the programme participants will:**

- Be continually observed, mentored and assessed while coaching by peers and experienced coaches using the ICF competences.
- Observe, mentor and assess peers in their coaching and use coaching to aid the planning and development of a personal learning programme.

**OUR METHODOLOGY**

- We use double loop learning to ensure you learn about yourself, as well as the skills, knowledge and understanding you need to be the best coach you can be.
- We are interactive with demonstrations and practice as well as knowledge input.
- We create an informal and relaxed yet challenging environment.
- We work with cross cultural examples.
- We tell real life stories about our own experiences in coaching.
- We develop 'safe' professional coaches who work with integrity.
- We walk our talk.
- We have fun.
- We can provide qualified, ongoing coach supervision.

**OUR METHODOLOGY**

## Course schedule

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This knowledge and skills development course is run over ten days, something similar to the below:

**Day 1:** Introduction to coaching, the Professional Associations, Competences and Ethical codes. Course assessment process

**Day 2:** The structure of coaching and presuppositions.

**Day 3:** Transactional Analysis; Gardeners Intelligences.

**Day 4:** Contracting, Boundaries, Questioning, Listening Skills Challenge, the GROW, SCORE and other models building a meta-model.

**Day 5:** Extended DISC psychometrics

**Day 6:** Re-language and Clean Language

**Day 7:** Creative coaching including Sandplay

**Day 8:** Neuro - Logical Levels, Archetypes of Change

**Day 9:** Spiral Dynamics, Lifelines coaching

**Day 10:** Assessment day

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Each day will run from 9.30am—5.30pm (latest) with breaks and 1 hr for lunch.

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There will be observed coaching practice with mentoring feedback on each day.

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You will be provided with a comprehensive resource pack and full versions of psychometric questionnaires for practice with clients, you just need to bring yourself and your curiosity!



“ All the facilitators were first class and kept super flow to the course. They are obviously very passionate about the world of coaching, its reputation and future and all potential candidates can rest assured courses with Neurominds will deliver the highest quality of instruction and professionalism. ”

**Paul Andrew – Royal Navy**

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Designed by award winning, qualified and credentialed coach, Dr Sally Vanson & Douglas De Souza and supported by professional ICF and post graduate qualified trainers.



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**GET IN  
TOUCH!**

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