

THE CONTENT

The Flow Coach Accreditation
(ICF Level 2 Accredited)



The Content

The content is split into 5 main modules:

- Coaching Foundations
- HUMAN Performance
- Facilitating Flow
- Coaching Professionally
- Flow Coaching Practices

Coaching Foundations - Module 1

Session 1 – 5hrs – Coaching: Introduction

Course Introduction

Coaching Definition

Coaching Ethics

ICF - Meeting ethical guidelines & professional standards

Coaching Attitude

Session 2 – 5hrs – Coaching Foundations

Building relationships

Listening Skills

Questioning Skills

Contracting

Note Taking

Ending the Coaching Relationship

Within the past 4 sessions, you will be required to complete **13** hours of self-paced work, including 11 hours of online training and 2 hours of reading, journaling, and reflecting on course notes.

HUMAN Performance - Module 2

Session 3 – 5hrs - Brain & Behaviour

Coaching Authority

The Coaching Relationship

Brain & Behaviour

Embodied Cognition & Knowledge

Session 4 – 5hrs – Needs, Values & Motivation

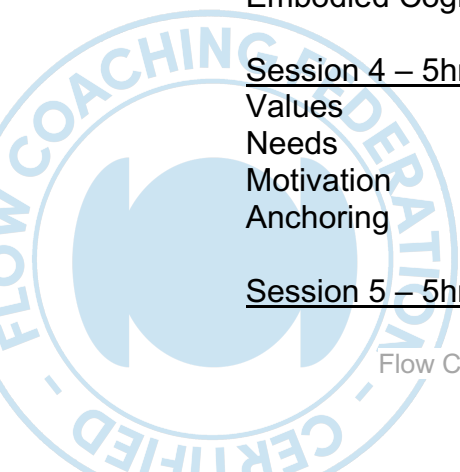
Values

Needs

Motivation

Anchoring

Session 5 – 5hrs – Coaching & Stress



Stress
Biology of Stress
Mindfulness
Coaching & Thought Detachment
Positive Psychology and Coaching
Coaching self-determination theory
Goal setting
Empowering the Client
Reframing in Questioning

Within the past 4 sessions, you will be required to complete **9** hours of self-paced work, including 7 hours of online training and 2 hours of reading, journaling, and reflecting on course notes.

Facilitating Flow - Module 3

Session 6– 5hrs – Flow
Subjective Experience
Flow

Session 7 – 5hrs – Facilitating Flow
Coaching Stress and Flow
Coaching Awareness and Flow
Coaching Beliefs and Flow
Coaching Psychological Levels and Flow

Within the past 4 sessions, you will be required to complete **9** hours of self-paced work, including 7 hours of online training and 2 hours of reading, journaling, and reflecting on course notes.

Coaching Professionally - Module 4

Session 8– 5hrs – Emotions, Change, and Patterns of Resistance
Coaching & Adapted Egos
Coaching Change
Coaching Emotions
Coaching & Primal Wounds
Coaching & Personality & Archetypes
Coaching & Co-Dependency

Session 9– 5hrs – Coaching Boundaries & Interventions
Coaching Boundaries
Anxiety & Depression
Interventions: Heron Categories
Interventions: Motivational Interviewing
Interventions: Identifying Obstacles
Interventions: Identifying Multi-Dimensional reactions

Interventions: Integration of Parts

Session 10 – 5hrs – Advanced Coaching Interventions

Interventions: Many Minds (Thought Management)

Interventions: Timelines

Interventions: Imposter Syndrome

Gestalt Coaching

Session 11 – 5hrs – Coaching Types

Coaching Styles – Towards Wholeness

Facilitating Transformation

Session 12 – 5hrs – Practicing Creativity in Coaching

Developing Creative Processes in Coaching

Session 13 – 5hrs – Ongoing Coaching Requirements

Supervision

ICF Core Competencies

Professionalising Coaching

Continued Professional Development

Professionalising your Coaching Sessions

Within the past 3 sessions, you will be required to complete **17** hours of self-paced work, including 15 hours of online training and 2 hours of reading, journaling, and reflecting on course notes.

Flow Coaching Practices - Module 5

Session 14 – 5hrs – Groups, Society, Education, Facilitation

Flow Theory

Flow and Personality

Group Flow

Wider Impacts

Society & Flow

Relationships & Flow

Session 15 – 5hrs – Self-Leadership & Flow

Motivation & Flow

Challenge & Flow

Resilience

Enactive Learning

Mastery

Session 16 – 5hrs – Self-Regulation & Flow

Coaching Self-Regulation

Vision

Attention



Session 17 – 5hrs - Self-Actualisation & Flow
Coaching Self-Actualisation
Trust
Effortless Action
Absorption

Session 18 – 5hrs – Flow Coaching In Action
Flow Model
Flow Code
Flow Leadership
Flow Values
Flow Drivers
Flow Coaching Practices
Flow Coaching Organisations

Session 19 – 5hrs – Practice
ICF Practice
FCF Practice

Session 20 – 5hrs – Flow Coaching Assessment
Presentations
Closing

Within the past 6 sessions, you will be required to complete **13** hours of self-paced work, including 11 hours of online training and 2 hours of reading, journaling, and reflecting on course notes.

Additional Components

You are required to produce 1 recorded coaching session (30-50 minutes); for your ICF performance evaluation.

You are required to produce 1 recorded coaching session (30-50 minutes); for your FCF performance evaluation.

You are required to produce 1 essay in an area of your choice.

Within the sessions, you will also receive 8 hours of group feedback, 2 hours of personal feedback and 4 points of written feedback on your personal coaching.



Bye for now, get excited! We will see you soon.

