

WHAT TO EXPECT

The Flow Coach Accreditation

(ICF Level 2 Accredited)



Welcome

We are excited to meet you in person and guide you on this incredible course.

We want to help you prepare for the course in the best way possible and manage your expectations before the course starts.

If you have any questions, please let us know via email - crew@flowcentre.org

All the best,

Cameron Norsworthy
(Founder & Head trainer)



Want to hear what others say about the course?

We have a small group policy, which will allow for a personal and integrated learning experience. We invite you to come ready to learn and with an open heart. We will get to know each other very well during the course, and the people who get the most out of it are those who use it to develop personally and professionally.



"The quality of the coaching course was excellent. I learned so much. The practical exercises, content and one to one coaching were of a very high standard. As a parent, husband, owner of my coaching and speaking business, I thoroughly recommend the Flow Centre to you. If you are serious about becoming a coach, then enrol and enjoy the learning!"



"I loved learning from all of our guest speakers throughout the course! Each one came from such a different professional background and added so much value...Not only did my experience with FC prepare me and inspire me to launch my own coaching services, but it also impacted my overall life, relationships, and more. I feel I became a better friend, partner, listener, communicator, all through this course."



"I took the Flow Centre's course and was very impressed by the quality and clarity of information on offer. As a coach and trainer in leadership and professional development, I now have new information and tools to enrich my teachings. Recommended."



What to Expect?

Impact

This course has been life-changing for many individuals. Whilst you may read this with some scepticism, it is a common experience. You will spend many hours being coached, and we suggest you use that time to work on your own real-life situations.

Courses of this nature, such as training to become a psychologist, can take several years to complete. In this course, we only have a few months, so it is important to make the most of them and set aside as much time as you can to study between sessions.

Reflection

It is important to dedicate some time during the course to consistent reflection. Reflections help consolidate learning and increase your self-awareness. The heavier the content, intellectually or emotionally, the more time should be attributed to reflection in order to process the content as intended.

In the course, we ask you to spend at least 20 minutes writing down your reflections on every session.

Live Sessions: Best Practices

- Arrive at sessions on time. We will not be able to wait for late arrivals.
- Do not eat food during the sessions. Whilst the sessions may occur during normal mealtimes, depending on your personal time zone, we request that you wait until designated breaks.
- Come dressed appropriately.
- Ensure your background is quiet. We will ask you to participate during the sessions, so you will need to keep your microphone on the whole time.
- Please remove any distractions that may surround you.
- Leave 30 minutes free before and after the session to prepare and reflect. This time is crucial for staying organised, processing the session, and getting ready for what's to come.



Absenteeism

We suggest that you do not miss any of the live sessions. Each session is designed to positively impact your learning and cannot be replicated with a recording. Sessions involve your engagement and coaching practice.

The course moves rapidly through new coaching practices, each often requiring competence in previous skills. If you miss sessions, you may fall too far behind to continue the course.

If you do have to miss any sessions due to unforeseen circumstances. We will grant you an exemption of one session per module, provided you demonstrate that you have practised the missed content before the next module begins. If you miss two or more sessions, you will have to repeat the module at a later date. It is also likely that you will have to cease the course and then continue it in the next cohort.

Group Communication

During the course, you will be allocated a 'buddy'. The idea of a buddy is to facilitate peer-to-peer learning; someone you reach out to for help studying the course content. The buddy relationship is an informal two-way relationship, designed to help both parties when you get stuck or need further clarification, advice, or support. It should not stop you from also reaching out to others on the course.

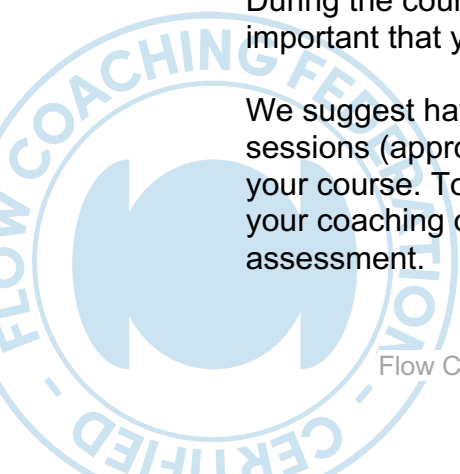
At the start of the course, you will be invited to a WhatsApp and LinkedIn group to help make communication and sharing of information easier.

Please bear in mind that the groups are for professional purposes; keep all communication respectful and as brief as possible.

Recruiting Coachees

During the course you will be asked to coach some live coachees, so it is important that you have some coachees lined up.

We suggest having two or three coachees who are happy to commit to five sessions (approximately 45-90 minutes a session) within the duration of your course. Towards the end of the course, you will be asked to record your coaching on Zoom (Video) with two of these participants for assessment.



We suggest coaching these people in person. You will get lots of coaching online practice during the course, so coaching your coachees in person will be crucial to developing your experience.

It is up to you whether you want to charge for these sessions or offer your time for free.

Recruiting people can take time, so we suggest that you start as soon as possible.

Assessments

During the course, you will have the following assessments:

Presentation

You will need to deliver a 15-minute presentation to the group outlining your learning throughout the course and how you intend to integrate the information and wisdom moving forward.

We suggest you use this course to present your future plans so you can get the group's feedback and support.

We suggest outlining your past story, how you will use the course, how flow will be integral moving forward (if relevant), and future hurdles, inhibitors, and facilitators to your journey.

Essay

You will be required to produce an essay detailing the integration of flow into an area or context of your choice. For example, title: '*The barriers to integrating flow into the workplace*'. The aim of this essay is to showcase your expertise in the course content and identify how the content relates to an area of interest, perhaps a domain in which you will be working. We hope this essay serves as a foundational piece you will use in years to come.

The essay needs to be between 3 and 5 pages (1.5 or double-spaced). It needs to be written in an academic format (Introduction, discussion, conclusion), supporting your points by citing the work of several other authors and research articles/books (include references, ideally in APA format). Discuss multiple perspectives and conclude with a clear, simple take-home message. Think: How can this essay help others? Does it add value to the reader?

It helps to think of the essay as a white paper (a mix between an informative blog and an academic article), and leave time to edit, edit, edit.

RECORDED ICF Coaching Session (ICF assessment)



At the end of the course, you will be required to record a coaching session to pass the ICF assessment. You will need to hit all the ICF coaching competencies. The details of these competencies will be communicated during the course.

RECORDED FCF Coaching Session (ICF assessment)

At the end of the course, you will be required to run a coaching session with another member of the course and demonstrate the competencies of Flow Coaching. The criteria for this demonstration will be communicated during the course.

Graduating from the Course

Graduating from the course involves passing all the assessments and attending all the modules.

You will receive detailed feedback on these assessments, so if you do not pass the first time, it should be clear why you did not pass and what you need to work on to pass next time.

If you fail either the ICF Coaching Assessment or the Flow Coaching Assessment, you will need to retake the assessment to graduate. Each retake will incur a cost of US\$500 to cover the several hours of administration required to reassess your coaching.

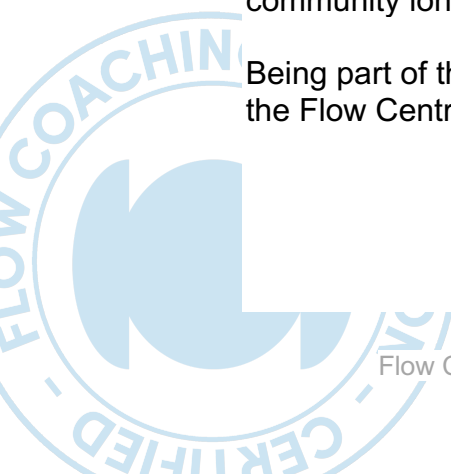
There will not be a formal graduation at the end of the course. Individuals will likely pass the course requirements at different times.

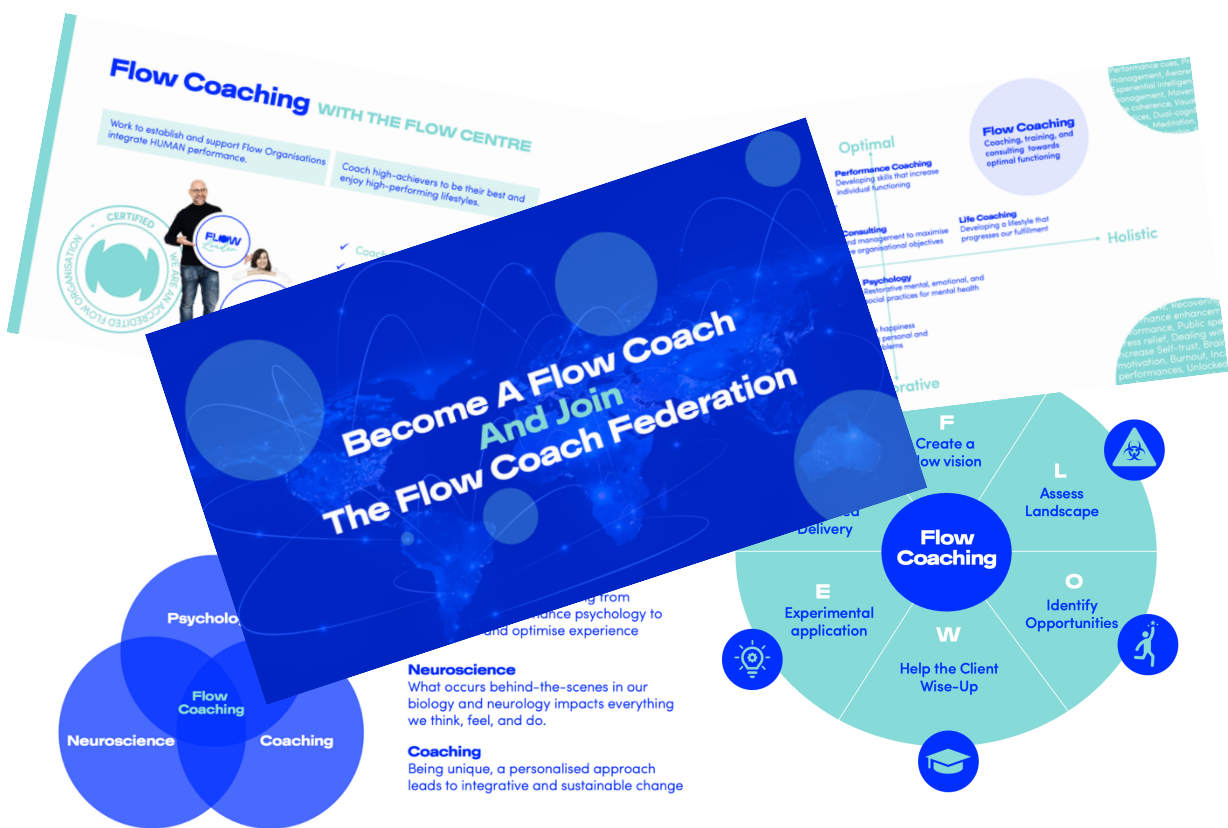
Ongoing Support After the Course

On graduation, you will be invited to the Flow Coach Network, a group of coaches who have graduated from our coach training and are actively working in the field.

The Flow Coach Network aims to provide you with support, training, and community long after the course completion date.

Being part of the Flow Coach Network will provide opportunities to work with the Flow Centre in various capacities.





ICF Accreditation

After graduating, you may want to apply for ICF accreditation. This is an accreditation with the ICF, a different organisation from the Flow Coaching Federation. Your application will be directly between you and the ICF.

We will endeavour, wherever possible, to help you understand the ICF requirements for your application. In the course, we can answer any questions you have.

Typically, individuals need to provide evidence of course completion and proof of the required coaching hours (100 hours at the time of writing for ACC accreditation) to submit the ICF accreditation application. An open-book exam is also required after your application is accepted to complete the ICF registration process.

Please visit the ICF accreditation page to understand exactly what is needed from you to apply for membership and accreditation.



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

