

POTVRZENÍ O ABSOLVOVÁNÍ

CoEdu (Coaching Education), spolek, jehož cílem je vzdělávat širokou veřejnost v oblasti koučování potvrzuje, že pan

David Javornický, Th.D.

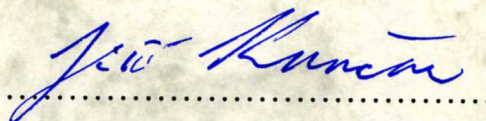
úspěšně absolvoval vzdělávací program

PROFESIONÁLNÍ KOUČ

Kurz proběhl v období od 12.9.2015 do 6.12.2015 v rozsahu 94 hodin a byl veden v souladu s požadavky na dovednosti kouče deklarovanými Mezinárodní federací koučů (ICF).

6.12.2015

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v Praze dne:



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Ing. Jiří Kunčar, PCC

CoEdu (Coaching Education), civic association whose aim is to educate the general public in the field of coaching confirms that

David Javornický, Th.D.

successfully finished training program

Professional Coach

that was held from September 12, 2015 to December 6, 2015. The course covered 94 hours of coach specific training. This training program was in-person training and covered all ICF Core Competences.

Description of the training program Professional Coach:

Module I

Coaching introduction, coaching skill basics

After taking Module I participants will be able to define coaching and the role of a coach, they will learn its history and roots, they will be able to distinguish between coaching and other techniques of development or client-assistance. They will understand basic coaching principles and become familiar with coaching session procedures. They will learn basic coaching skills — conducting a structured conversation according to the GROW model. Hands-on coaching practice forms an essential part of the module.

Module contents:

- Coaching definition
- Role of a coach
- Key coaching principles, DUO
- Coaching questions
- Coaching session procedures
- The GROW model
- The SMARTER method
- Reporting and building a relationship with a client
- Coaching session assessment

The GROW model may be further itemized as:

- GROW I – Goals and their settings
- GROW II – Description of reality
- GROW III – Finding options/possibilities
- GROW IV – Setting up an action plan

Module II

Coaching approach, building up an coach practice

In Module II participants will become familiar with key coach competencies according to ICF and an ICF ethics code. They will understand on a deeper level the meaning of coaching approach, what it is based upon and why coaching works. They will learn the touching points between psychotherapy and coaching and some of the psychological resources of coaching. They will learn stress- and emotion-control techniques during coaching and the importance of a coach mental hygiene. They will understand various forms of managing a coaching conversation and possible coach specializations. They will work out an action plan for building up their own coach practice. (They will be ready to implement coaching as a tool in a corporate development.) A large part of the module focuses on hands-on coaching practice.

Module contents:

- ICF competencies of the coach
- ICF ethics code
- Coaching approach
- Psychotherapy and coaching
- Coach working with stress and emotions
- Mental hygiene of a coach
- Telecoaching, electronic coaching
- Coach specializations (using coaching in companies)
- Coaching tools and aids
- Building up coach practice

Module III

Advanced coaching techniques and tools

In this module participants who have already mastered the coaching principles and coaching conversation will extend their skills by more advanced techniques and tools through which they will learn to understand brain functions as related to opportunities of helping people overcome their limits, working with the balance wheel when determining priorities in respect of system solutions, applying the transformational level of coaching, efficiently coaching

project development, and working on cultivating focused attention using critical variables. Hands-on coaching practice including mentoring forms an essential part of the module.

Module contents:

- Hands-on examples of coaching conversations and joint discussion
- Brain functions as related to coaching
- Visualization in coaching
- The balance wheel
- Transactional and transformational coaching
- Project coaching
- Working with critical variables

Module IV

Concluding summary and assessment of what we learned

Participants will get to know possible traps of encountering certain types of clients and will look for the most efficient ways of working with these clients. The next part deals with options of professional development and training of professional coaches. A large part of this module focuses on hands-on coaching practice. We finish the module with practical test of what we have learned.

Module contents:

- Hands-on examples of coaching conversations and joint discussion
- Working with complicated clients
- Further development and training of coaches
- Final practical assessment (scaling ICF Core Competences)

Prague, December 6, 2015



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