



STAR
LEADERSHIP

be real • be true • be you

COACH TRAINING & LEADERSHIP DEVELOPMENT PROGRAMMES

If at the heart of coaching is transforming someone's life, how can you create that for others, if you have not been through that process yourself?

For this reason, our programmes are a deep immersion into what true transformation is, and how you can really make sustainable shifts in all aspects of your life and others. The underlying paradigm that runs throughout our programmes is to empower you to become more self-aware; to have greater control over your thinking; to have an empowering relationship to your feelings; and to embody a coaching approach to your life as a whole

We offer Level 1 and Level 2 Coach Training programmes accredited by the ICF, the International Coaching Federation. These programmes are also accredited with COMENSA.

LEVEL 1

ICF-ACCREDITED
COACHING EDUCATION

LEVEL 2

ICF-ACCREDITED
COACHING EDUCATION



COMENSA

APPROVED
SILVER

TRAINING PROVIDER PROGRAMME

PROGRAMME OVERVIEW

LEVEL 1
 ICF-ACCREDITED
 COACHING EDUCATION

MODULE ONE

Module ONE is devoted to understanding our Human Operating System; why we are the way we are and how we became this way. It creates awareness of the unconscious systemic influences that govern the choices we make in our lives every day.

SESSIONS OVERVIEW:

1. Programme Launch (full day)
2. Systems & Systems Thinking
3. Levels of Awareness & Consciousness
4. The Brain & Development of Personality
5. Intro to the Enneagram
6. Enneagram Types Part 1
7. Enneagram Types part 2
8. The Ego

MODULE TWO

Module TWO is the introduction to coaching. It is also a deep dive into creating real and sustainable change by understanding what keeps us stuck. This requires new awareness, a new set of tools and consistent behaviour change over time.

SESSIONS OVERVIEW:

1. Responsibility & Choice
2. Introduction to Coaching
3. Coaching Challenges
4. Coaching Core Competencies
5. Context
6. Story vs Facts
7. Coaching Q&A
8. Commitment
9. Coaching Q&A
10. Unconscious commitments

MODULE THREE

Module THREE explores the unconscious dynamics that play out in your relationships. It helps you see the roles you might identify with as yourself and how you can shift.

SESSIONS OVERVIEW:

1. Power Dynamics
2. PCC Markers
3. Shame vs Guilt
4. Observed Coaching Session
5. Empathy, Sympathy & Compassion
6. Observed Coaching Session
7. Defence Mechanisms
8. Creating Healthy Boundaries

LEVEL 2
 ICF-ACCREDITED
 COACHING EDUCATION

MODULE FOUR

Module FOUR is a deep dive into authenticity and clarifying your real essence. It provides a platform for you to review your choices and the things that currently drive you everyday

SESSIONS OVERVIEW:

1. Core Essence
2. PCC Markers
3. Authenticity, Integrity & Creating Completion
4. Observed Coaching Session
5. Needs & Values
6. Observed Coaching Session
7. Conversations for Connection
8. Coaching Q&A

MODULE FIVE

Module FIVE is an inquiry into self-love, self-leadership and living with wellbeing. We explore what it means to have a truly empowering relationship with yourself. You continue to build your coaching being enabling you to qualify as a STAR Leadership Coach.

SESSIONS OVERVIEW:

1. Self-Love
2. Observed Coaching Session
3. Honouring the Self
4. Observed Coaching Session
5. Self-Recovery
6. Observed Coaching Session
7. Self-Leadership & Self-Transcendence
8. Completing the Programme

Level 1 accreditation includes **124 coach training hours**, and is designated as *ACC Accredited Education*.

Level 2 accreditation includes **86,5 coach training hours**, giving you a total of 210,5 coach training hours if you have done Level 1, and is designated as *PCC Accredited Education*.

LEVEL I • OUTCOMES, DURATION & INCLUSIONS

AIM OF THE COURSE

For those seeking a first-class coach education, this course introduces and develops coaching skills, underpinned by approved ICF coaching processes, methodology, techniques, skills and critical success factors and enables you to complete with an ICF Level I Coach Training Certification.

COURSE OUTCOMES

At the end of this course, participants should be able to:

- Generate new layers of self-awareness to create a behavioural shift in oneself and apply to others.
- Facilitate a conscious, coaching conversation with coaching clients.
- Use active listening skills at all times in a coaching context.
- Uphold ethical guidelines and apply professional coaching standards required by the ICF.
- Apply effective questioning models when coaching.
- Plan and set goals to support critical skill enhancement when coaching clients.
- Manage progressive accountability with self and client.
- Interrogate and accurately evaluate multiple sources of information from the client in order to facilitate a constructive coaching conversation.
- Facilitate interpretations that help the client gain awareness as to how to reach their intended coaching goals.
- Cultivate expertise from various coaching models.

COURSE INCLUSIONS

GENERAL:

- Level I ICF accredited training certificate upon completion of portfolio
- **124** x coach training hours
- **26** x weekly, 3-hour trainer-led Zoom sessions
- **1** x Personalised Standard Enneagram Report
- Interactive Digital Training manuals (Module 1, 2 & 3)
- Comprehensive Coaching Manual that includes support material to develop as a coach
- **3** x Written assignments (based on self-reflection and personal mastery topics)
- Access to STAR's online cloud-based Learner Management System (LMS)
- E-Learning modules and video content between sessions to support learning
- WhatsApp support group with peer coaches and facilitator

COACHING DEVELOPMENT:

- **4** x Professional Coaching sessions
- **4** x Peer Coaching sessions (you coach a class peer, to practice the skills taught)
- **4** x Peer Client sessions (you are coached by a class peer to understand coaching from a client perspective and further improve your coaching skills)

MENTORING SUPPORT:

- **5** x Observed Coaching Sessions (you submit a recorded coaching session of yourself coaching a client, and then receive evidence-based feedback from a mentor coach on the application of your coaching skills and competencies based on ICF standards)
- **4** x Group Mentor sessions (we facilitate 2 per month)
- **3** x Individual Mentor sessions

EXAM:

- **1** x Performance Evaluation

COURSE FEE

Level I • 2024 Course Fee:
R 90 800.00 incl.VAT
Payment plans available

Early Bird Specials!

Only pay R 84 000.00 incl. VAT
if you pay upfront, two months before the programme starts.

ENROL NOW!

LEVEL 2 • OUTCOMES, DURATION & INCLUSIONS

AIM OF THE COURSE

To extend and further develop students coaching skills acquired in the STAR Foundation coaching course by introducing additional methodologies, techniques and skills and deepening the understanding of the coaching process and critical success factors. This will enable students to apply practical and theory-based learnings at all coaching and management levels and complete with an ICF Level 2 Coach Training Certification.

COURSE OUTCOMES

At the end of this course, participants should be able to:

- Define and embody integrity and authenticity to self and others.
- Balance mind, body, spirit and emotions in order to create and maintain peak performance.
- Explore self-discipline to realise full potential of self and others.
- Demonstrate enhanced professional and personal relationships and advanced conscious conversations between self and others.
- Clarify and explain required ethical guidelines and professional standards in coaching as governed by the ICF.
- Demonstrate enhanced effective questioning techniques.
- Manage progressive accountability with self and client.
- Consistently and accurately integrate and evaluate multiple sources of information from the Coaching client.
- Facilitate accurate interpretations that help the coaching client gain awareness and reach their coaching goals.
- Demonstrate expertise using extended coaching models and theories.

**NB: Students must have graduated from an ICF Level 1 Coach Training Programme to attend the STAR Level 2 Coach Training Programme.*

COURSE INCLUSIONS

- Level 2 ICF accredited training certificate on successful completion of portfolio
- **86,5** x coach training hours (210,5 total coach training hours if you have done Level 1)
- **16** x weekly 3-hour, trainer-led Zoom sessions
- Interactive Digital Training manuals (Module 4 & 5)
- **1** x 360 Authentic Leadership Assessment
- **2** x Written assignments (based on self-reflection and personal mastery topics)
- Access to STAR's online cloud-based LMS
- E-Learning modules between sessions
- WhatsApp support group with peers and facilitator

COACHING DEVELOPMENT:

- **4** x Peer Coaching sessions
- **4** x Peer Client sessions

MENTORING SUPPORT:

- **3** x Observed Coaching Mentor sessions (with individual, written ICF evidence-based feedback)
- **4** x Peer Observed Coaching sessions (where you listen to a recorded coaching session from a peer coach and provide written ICF evidence-based feedback on their session.)
- **4** x Group Mentor sessions (we facilitate 2 per month)

EXAM:

- **1** x Written exam based on ICF definitions, core competencies, code of ethics, and self-mastery essays
- **1** x Performance Evaluation

COURSE FEE

Level 2 • 2024 Course Fee:
R 52 600.00 including VAT
Payment plans available

Early Bird Specials!

Only pay R 49 000.00 including VAT if you pay upfront, two months before the programme starts.

ENROL NOW!

ABOUT STAR LEADERSHIP

STAR Leadership (Pty) Ltd is 100% female owned organisation, formed in 2013 and based in Johannesburg. We have grown into one of South Africa's top coaching and training companies, bringing in the latest global trends in leadership thinking and offering a wide variety of products and services; namely:

- Executive Coaching
- Life Coaching
- Relationship Coaching
- Coach Training
- Leadership & Personal Development Programmes
- In-house Mentorship
- Diversity & Inclusion Programme
- Stress Management Programme
- Powerful Teams Programme
- Psychometric Assessments

We deliver these across the globe, both online and in-person, with delegates attending online. STAR Leadership is a proud member of COMENSA and the ICF.

Our training is designed to significantly impact how you think, decide and act, empowering a real and sustainable shift in yourself by raising your levels of Consciousness, Self-Awareness and promoting genuine Self-Love.

The effect of this programme is a

SHIFT

from the need
to be the best “in” the world,
to a desire

TO BE THE BEST “FOR” THE WORLD.

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