



# ACCELERATED GROWTH COACH CERTIFICATION PROGRAM

Coaching for Performance  
and Development





# Syllabus:

## Accelerated Growth Coach Certification Program Tahap 1

# Learning Objectives

Setelah mengikuti program AGC Tahap 1 ini peserta mampu menjadi Coach bagi individu yang ingin mencapai tujuan tertentu dan meningkatkan pencapaian tertentu, di area personal dan professional.



# Training Hours

- 30 Training Hours, terdiri dari
- 4,5 jam Self Learning & Quiz
  - 24 jam in Class Training & Coaching Practice (3 hari)
  - 1,5 jam Post Training Check in Session

# Syllabus – Day 1



Module	Topic	Duration	Methodology
Coaching Definition	<ul style="list-style-type: none"> <li>Sejarah coaching, pengertian coaching, perbedaannya dengan pendekatan lainnya</li> </ul>	<ul style="list-style-type: none"> <li>2 jam</li> </ul>	<ul style="list-style-type: none"> <li>Interactive Presentation, Question &amp; Answer (Q/A)</li> </ul>
ICF Core Coaching Competencies & ICF Code of Ethic	<ul style="list-style-type: none"> <li>Penjelasan singkat tentang 8 kompetensi coaching ICF</li> </ul>	<ul style="list-style-type: none"> <li>1 jam</li> </ul>	<ul style="list-style-type: none"> <li>Interactive Presentation, Q/A</li> </ul>
Coaching Mindset	<ul style="list-style-type: none"> <li>Mindset seorang coach dan bagaimana melatihnya.</li> </ul>	<ul style="list-style-type: none"> <li>1 jam</li> </ul>	<ul style="list-style-type: none"> <li>Interactive Presentation, Q/A</li> </ul>
iGROW Model	<ul style="list-style-type: none"> <li>“Step-by-step” alur percakapan coaching.</li> </ul>	<ul style="list-style-type: none"> <li>2 jam</li> </ul>	<ul style="list-style-type: none"> <li>Interactive Presentation, Q/A &amp; Coaching Practice 1</li> </ul>
Maintain Presence	<ul style="list-style-type: none"> <li>Bagaimana Coach bisa melatih untuk hadir total, pikiran hati dan perhatian pada coachee</li> </ul>	<ul style="list-style-type: none"> <li>1 jam</li> </ul>	<ul style="list-style-type: none"> <li>Interactive Presentation, Q/A</li> </ul>
Listen Actively	<ul style="list-style-type: none"> <li>Tiga tantangan mendengarkan dan menangkap kata kunci</li> </ul>	<ul style="list-style-type: none"> <li>1 jam</li> </ul>	<ul style="list-style-type: none"> <li>Interactive Presentation, Q/A</li> </ul>

# Syllabus – Day 2



Module	Topic	Duration	Methodology
Listen Actively	<ul style="list-style-type: none"><li>• RASA,</li><li>• Memahami Konteks &amp; Konten</li></ul>	<ul style="list-style-type: none"><li>• 4 jam</li></ul>	<ul style="list-style-type: none"><li>• Debrief Day 1, Interactive Presentation, Q/A, Coaching Demo, Coaching Practice 2</li></ul>
Evoking Awareness	<ul style="list-style-type: none"><li>• Membangkitkan kesadaran untuk mengubah mindset dan perilaku.</li><li>• Evoking Awareness Model</li><li>• Powerful Question</li></ul>	<ul style="list-style-type: none"><li>• 3 jam</li></ul>	<ul style="list-style-type: none"><li>• Interactive Presentation, Q/A, Coaching Practice 3</li></ul>
Facilitating Client Growth	<ul style="list-style-type: none"><li>• Designing Action</li><li>• Managing Progress</li></ul>	<ul style="list-style-type: none"><li>• 1 jam</li></ul>	<ul style="list-style-type: none"><li>• Interactive Presentation, Q/A</li></ul>

# Syllabus – Day 3



Module	Topic	Duration	Methodology
Establishes & Maintain Agreement	<ul style="list-style-type: none"><li>• Coaching Agreement</li><li>• Macro Agreement</li><li>• Micro Agreement</li></ul>	<ul style="list-style-type: none"><li>• 3 jam</li></ul>	<ul style="list-style-type: none"><li>• Debrief Day 2, Interactive Presentation, Q/A, Coaching Practice 4</li></ul>
Cultivating Trust & Safety	<ul style="list-style-type: none"><li>• Trust &amp; Safety</li><li>• Tips membangun Trust</li></ul>	<ul style="list-style-type: none"><li>• 2 jam</li></ul>	<ul style="list-style-type: none"><li>• Interactive Presentation, Q/A, Coaching Practice 5</li></ul>
Coach Career Builder	<ul style="list-style-type: none"><li>• Membangun Profile sebagai Profesional Coach</li></ul>	<ul style="list-style-type: none"><li>• 2 jam</li></ul>	<ul style="list-style-type: none"><li>• Interactive Presentation, Q/A</li></ul>
Graduation	<ul style="list-style-type: none"><li>• Penyerahan Sertifikat</li></ul>	<ul style="list-style-type: none"><li>• 1 jam</li></ul>	<ul style="list-style-type: none"><li>• Graduation</li></ul>

**Keterangan:** 3 dari 5 Coaching Practice akan mendapatkan observasi langsung oleh Coach Mentor yang minimal berkredensial ACC



**Untuk informasi lebih lanjut, silakan hubungi kami**

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