



ACCELERATED GROWTH COACH CERTIFICATION PROGRAM

Coaching for Performance
and Development





Syllabus:

Accelerated Growth Coach Certification Program Tahap 2

Learning Objectives

Setelah mengikuti program AGC Tahap 2 ini peserta mampu menjadi Coach yang menghantarkan klien pada pencapaian yang tinggi secara konsisten melalui perubahan perilaku, di area personal dan profesional.



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 |
|--|---|---|---|
| Overview Tahap 2 | <ul style="list-style-type: none">Transactional vs Transformational Coaching | <ul style="list-style-type: none">1 jam | <ul style="list-style-type: none">Interactive Presentation, Question & Answer (Q/A) |
| ICF Core Coaching Competencies & ICF Code of Ethic | <ul style="list-style-type: none">Penguatan 3 dari 8 kompetensi coaching ICF dan Kode Etik ICF | <ul style="list-style-type: none">1 jam | <ul style="list-style-type: none">Interactive Presentation, Q/A |
| AMBER MODEL | <ul style="list-style-type: none">AMBER Model | <ul style="list-style-type: none">1 jam | <ul style="list-style-type: none">Interactive Presentation, Q/A |
| Coaching Mindset | <ul style="list-style-type: none">Embodies Coaching MindsetPerilaku Coach yang muncul | <ul style="list-style-type: none">1 jam | <ul style="list-style-type: none">Interactive Presentation, Q/A & |
| Coaching Presence | <ul style="list-style-type: none">Bagaimana Coach bisa melatih untuk hadir total, pikiran hati dan perhatian pada coachee | <ul style="list-style-type: none">1 jam | <ul style="list-style-type: none">Interactive Presentation, Q/A |

Syllabus – Day 1



| Module | Topic | Duration | Methodology |
|---------------------------|---|---|--|
| Alur Percakapan Coaching | <ul style="list-style-type: none">iGROW | <ul style="list-style-type: none">1 jam | <ul style="list-style-type: none">Interactive Presentation, Q/A, Coaching Practice |
| PDRO Model | <ul style="list-style-type: none">PDRO Model | <ul style="list-style-type: none">1 jam | <ul style="list-style-type: none">Interactive Presentation, Q/A |
| Cultivates Trust & Safety | <ul style="list-style-type: none">Hambatan vs Tantangan | <ul style="list-style-type: none">1 jam | <ul style="list-style-type: none">Interactive Presentation, Q/A |

Syllabus – Day 2



| Module | Topic | Duration | Methodology |
|--------------------------------|---|---|---|
| Listen Actively | <ul style="list-style-type: none"> • Sensing • Peripheral Listening | <ul style="list-style-type: none"> • 2 jam | <ul style="list-style-type: none"> • Debrief Day 1, Interactive Presentation, Q/A, |
| Evoking Awareness | <ul style="list-style-type: none"> • External Affect Internal | <ul style="list-style-type: none"> • 2 jam | <ul style="list-style-type: none"> • Interactive Presentation, Q/A, Coaching Demo, Coaching Practice 2 |
| Facilitating Client Growth | <ul style="list-style-type: none"> • Summarizing Learning and Insight • Challenging Assumption for Situational Limitation • Analogy or Metaphor to Simplify Complexity • Reframing for Internal or Mental Limitation • Managing Risk | <ul style="list-style-type: none"> • 3 jam | <ul style="list-style-type: none"> • Interactive Presentation, Q/A, Coaching Practice 3 |
| Establishes Maintain Agreement | <ul style="list-style-type: none"> • Three ways Alignment • Coaching Plan | <ul style="list-style-type: none"> • 1 jam | <ul style="list-style-type: none"> • Interactive Presentation, Q/A, |

Syllabus – Day 3



| Module | Topic | Duration | Methodology |
|----------------|--|---|---|
| Group Coaching | <ul style="list-style-type: none">• Persiapan• Mekanisme• Alur | <ul style="list-style-type: none">• 7 jam | <ul style="list-style-type: none">• Debrief Day 2, Interactive Presentation, Q/A, Group Coaching Practice 4 & 5 |
| Graduation | <ul style="list-style-type: none">• Penyerahan Sertifikat | <ul style="list-style-type: none">• 1 jam | <ul style="list-style-type: none">• Graduation |

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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