

## Why The International Coach Federation?

The coaching profession is regulated by national law in a few countries only and needs to be self-regulated by the International Coach Federation, the first federation of its kind in the world with 30,000 members in 140 countries.

The ICF sets professional standards and promotes top-class training through its accredited programs, enforces its code of ethics, and promotes its independent certification system.

Achieving an ICF certification is a demanding task, requiring continuous training and supervision, and the undertaking of written and oral examinations in front of an independent panel of experts. Above all, the ICF is a guarantee of quality and reliability of its certified members.

Nova Terra's trainers are ICF certified to the highest level, and the school supports its participants in the process of achieving the ICF certification. The coaching school is ACTP accredited, this means that it is mandated by the ICF to offer the certification exams on its operating sites.



## About Nova Terra Coaching School

Initially created in Belgium, Nova Terra is the product of international collaboration between coaches from four continents. Nova Terra's solid foundation is built on the strength of its partners – world-class coaches, renowned both in their respective countries and within the International Coach Federation (ICF), within which they currently play, or have played, an active role.

- Strong International Community of Alumni
- Online Network Platform
- A reference for all your future supervision
- Happy House Events: Workshops, Conferences, Networking
- Offices & Coaching Spaces for Rent



## Contact Us

1455 Chaussée de Waterloo,  
1180 Brussels, Belgium  
[www.novaterracoaching.com](http://www.novaterracoaching.com)  
[info@novaterracoaching.com](mailto:info@novaterracoaching.com)  
Tel. +32 (0)2 374 80 84

## EMPOWER YOUR TALENT!

Today, in an environment of constant change and for which nothing has prepared us, we need to find ourselves again and flourish. It is not that we lack competences – we just need someone who can help us to manage the uncertainty and change which never ceases to accelerate. In the constant demand for better performance, the disturbed environment, stress, and the increasing demands of the workplace have made coaching a permanent presence in our society. At Nova Terra, we provide the best training to coaches and future coaches leading to an ICF certification by accompanying each of them through deeper self-awareness in the process of discovering their hidden talents.

## Why Nova Terra Coaching School?

Nova Terra is a learning space without borders which stands for the diversity of cultures and approaches, today translated in international coaches sharing their experience in several campuses under the concept of the 'coaching caravan'.

This principle was established by the leaders of the European ICF Chapters in 2003 already. The "Coaching Caravan" involves the sharing of knowledge and the exchange of coaching practices, speakers and workshop and seminar facilitators among countries, allowing participants to discover different coaching approaches in several cultural environments.

At Nova Terra Coaching School, we provide you with:

- ✓ A program beyond a simple coach training as you learn how to become a professional coach, and you benefit from the Master Coaches' experience and expertise.
- ✓ Your very first coaching clients; this helps build your practice and, therefore, your self-confidence; additionally, you are provided with a supervision by a Master Coach throughout your journey.
- ✓ More than the coach competencies but an experience that impacts your life and transforms lives.
- ✓ An objective certification process thanks to an oral exam conducted by independent external Master Coaches who are official ICF assessors and who do not know you.

## The Mastery & Art of Coaching

Nova Terra is a learning space without borders which stands for the Master the 11 competencies of the ICF to become a professional coach and coach your first clients "in real situation" in the framework of your Nova Terra certifying coachtraining. After having successfully passed the program, you will be granted your theoretical PCC level certificate issued by Nova Terra and accredited by the ICF.



24 days  
2 phases  
9 months  
Modules of 2 to 3 days  
Week or Weekend

The International Coach Federation considers that a coach becomes a professional after a minimum of 125 hours of coach training and 10 hours of mentor coaching (practice comes of top, of course). Our program covers not only this demanding logic requirement but also the coaches' guidance and mentoring into the market which is crucial for the sustainability of their activity. The ones who already followed a course in another school have the possibility to jump in our program after an assessment of their coaching competencies.

## The Program

### Phase 1

Competence 1: Meeting ethical guidelines and professional standards  
Competence 2: Establishing the coaching agreement  
Competence 3: Establishing trust and intimacy  
Competence 4: Coaching Presence  
Competence 5: Active listening  
Competence 6: Strong and meaningful questioning  
Competence 7: Direct communication  
Competence 8: Creating Awareness  
Competence 9: Designing action  
Competence 10: Planning and goal setting  
Competence 11: Managing progress and accountability

### Phase 2

Launching your first client practice with the support of a Master Coach

Module 1: The challenges of the coach  
Module 2: Beliefs and Values  
Module 3: Body-mind-spirit alignment  
Module 4: Managing emotions  
Module 5: Grieving and life transitions

Supervised practice – Case studies and group coaching practice under the guidance of a Master Coach



## Our Master Classes

### Coaching Deciders

You will learn how to coach Deciders about their strategy, their impact and visibility within the organization, using the Berne's Organization Theory. You will grasp the specifics of handling topics which have a high impact on structures and on people.

### Team Coaching

This master class will show you how to generate collective intelligence from a team. You will experience your first team coaching with the group and learn how to use very effective tools, therefore grow your self-confidence as a team coach.

### Executive Coaching

This highly experiential workshop is designed to heighten your mastery when coaching executives. You will identify your own coaching essence and use of self that will bring authenticity and value to your work.

## Our Workshops

### Somatic Coaching

It brightens the way the body becomes a metaphor whether the coach body or the ones of the client. This workshop will teach you how to express your emotions, to talk about difficult situation and topics and to enter into the positive action taking.

### Brand Yourself as a Coach

This workshop will lead you to find your essence and determine the niches where you want to grow. You will create your pitch and learn how to develop your own brand as a coach.