

## Why the International Coach Federation?

The coaching profession is regulated by national law only in a few countries and therefore needs to be self-regulated by the International Coach Federation, the first federation of its kind in the world with 35,000 members in 140 countries.

The ICF sets professional standards and provides top-class training through its accredited programs, enforcement of its code of ethics, and promotion of 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 at the highest level, and the school supports its participants in the process of achieving the ICF certification. The coaching school is ACTP accredited, meaning that it is mandated by the ICF to offer the certification exams inside the school.



## Why the Nova Terra Coaching School ?

Nova Terra is a place of learning open to the world and to oneself, where audacity, enthusiasm and autonomy are the key to success.

Together, we dare to make you learn to desire within a diverse environment.

Our values are based on humility, innovation and well-being that results in:

- An Alumni Community
- Online Networking Platform
- Events: Workshops and Conferences
- A reference for your future supervision



## EMPOWER YOUR TALENT!

Today, the quest for performance, the stress, the often chaotic environment and the challenges of balancing professional and private life generate multiple requests for support in order to meet and protect ourselves from constant changes that we are not prepared for. This is certainly not due to a lack of competence; we simply need someone for a precise moment to help us manage uncertainty and encourage us in our own evolution.

At Nova Terra, we take another look at performance and invite future coaches that we train to take a journey both internal and external to discover their hidden talents.

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## For future coaches: MASTERY & ART OF COACHING

Master the 11 competencies of the ICF to become a professional coach and coach your first clients "in real situations" in the framework of your Nova Terra certifying coach training. After having successfully passed the program, you will be granted your theoretical PCC level certificate issued by Nova Terra and accredited by the ICF.

2 phases  
24 days (including exam)  
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 / supervision. Our program covers not only this demanding requirement, but also includes guidance and mentoring of new coaches into the market which is crucial for the sustainability of their activity. Those who have already followed a course in another school have the possibility to join our program after an assessment of their coaching competencies.

## The Program

### Phase 1 – 10 days

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 actions  
Competence 10: Planning and goal setting  
Competence 11: Managing progress and accountability

### Phase 2 – 14 days

Launching your first client practice with the support of an experienced Coach  
Module 1: The challenges of the coach  
Module 2: Beliefs and Values  
Module 3: Managing emotions  
Module 4: Body-mind-spirit alignment  
Module 5: Grieving and life transitions  
Module 6: The Coach's Personal Branding  
Supervised practice – Case studies and group coaching practice under the guidance of an experienced Coach

## For professional Coaches : MASTER CLASSES

### Executive Coaching – 3 days

This Master Class is designed to help you increase your mastery of executive coaching and connect you to your own essence as a coach.

### Supervision – 2 days

Individually or in groups, this allows observation of the systemic domain of the coaching practice.

### Team Coaching – 3 days

The objective is to bring out the collective intelligence of a team by experimenting with effective tools within a group setting.

### The Organizational Theory of Berne for Leaders – 2 days

Its impact on the management of structures and performant teams.

Each program followed in its entirety serves as ACTP (accredited program) for those who wish to obtain or renew their ICF certification at the PCC level. It is also ACSTH (certified hours) for coaches wishing to accumulate CCEUs (training units) necessary for their re-certification.

## For everyone : ATELIERS

### Coaching Program for Health Professionals – 6 days

The essentials of coaching to enhance listening skills, modes of questioning and providing feedback for the health professional wanting to improve their communication and relationships with patients.

### Philosophy and Coaching – 1 day

Coaching: a philosophical question in a constantly changing world?

### Understanding Quantum Physics and the Laws of Attraction – 2 days

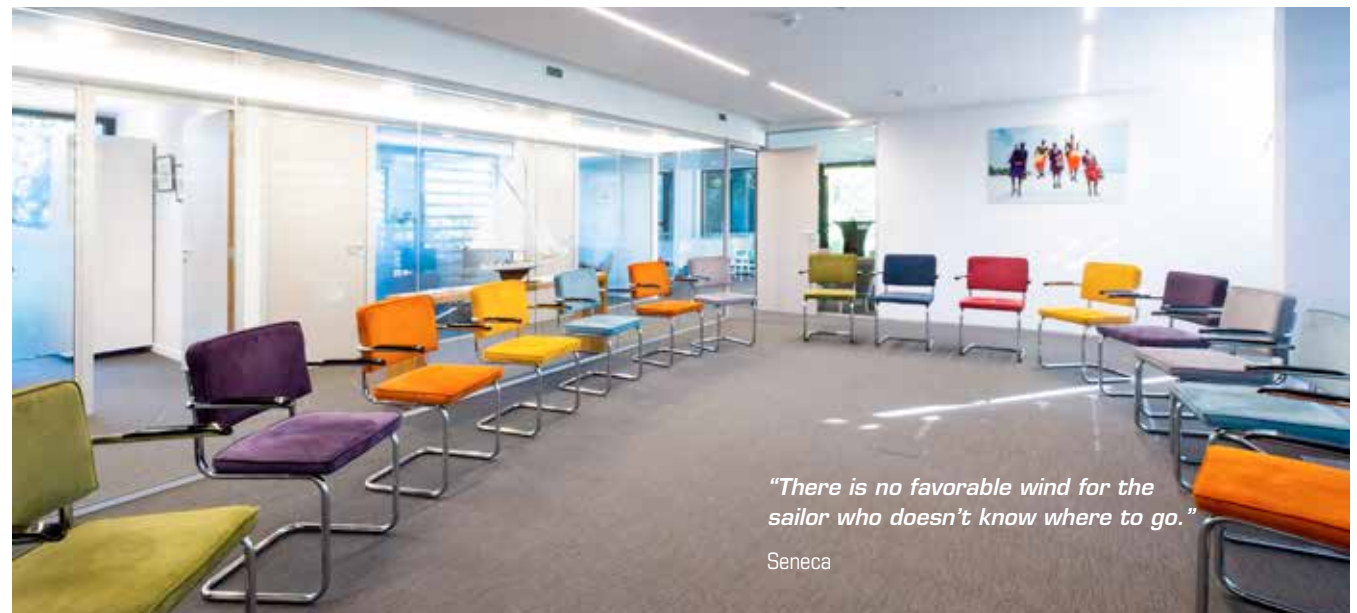
Discover how our life is influenced by quantum physics, how we are what we think. A beautiful developmental tool for you and your future clients.

### Applying the Toltec Agreements – 2 days

Toltec wisdom is a powerful guide to life, which allows us to launch ourselves into society and to be happier by simplifying our lives.

### Company Interventions

More than a school, we are a network of experienced coaches involved in a multitude of industries. We place our expertise at the service of aligning the business for lasting success.  
**Nova Terra, another look at performance !**



*"There is no favorable wind for the sailor who doesn't know where to go."*

Seneca