



**Empower Yourself**

**PROSPECTUS**  
**Accredited Certificate**  
**In Coach Training (ACCT)**

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## Our Philosophy

Freeha Coaching Academy's philosophy centres on empowering individuals to take control of their future and achieve their personal and professional growth. We believe in the transformative power of coaching to help people overcome obstacles, develop a positive mindset, and realize their full potential.

Through our personalized coaching, Mentoring and Hypnotherapy we aim to help individuals achieve their personal and professional goals, addressing issues such as stress, low self esteem, and addictive behaviours among others. We also offer accredited coaching courses for those looking to become professional life coaches.

Ethical practice is something important to us that's why we emphasize on, reflective learning, and personalized coaching tailored to each individual's unique needs and goals. We offer a variety of training programs and coaching courses as well, designed to help individuals achieve their personal and professional goals, find their true potentials and have fulfilling professions.

We are located in Birmingham offering a range of services including life, Business, Career, relationship, vision coaching and clinical hypnotherapy face to face and virtually. Our Training programs include topics such as Negotiations, Communication, Mindset and creating visions for individuals and professionals.

This academy is led by Freeha Ahmad, an experienced Life and Business Coach, clinical Hypnotherapist, Mentor, Facilitator and a Trainer.



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## **Accredited Certificate in Coach Training (ACCT)**

Our Accredited Coaching Certificate Training is designed and delivered through a combination of teaching methods via online in-class training with the supervision of a senior coach at all times. There will be many opportunities to practice observed coaching sessions, independent practice of coaching and self-study in the form of home work and assignment. Support throughout the course will make it easier for participants to complete all necessary training in time and earn their Certificate. Our Accredited coach training independently endorsed by internationally recognized accrediting body The Association for Coaching, It will equips participants to work as professional life coaches across diverse niches, whether on a full-time or part-time basis.

Many of our Participants leverage their newly acquired coaching skills to enhance their current job performance, while others use them as a stepping stone to advance their careers or transition into new roles and businesses. Our life coaching course serves as the cornerstone of all our programs and services, opening doors to exciting opportunities.

Online in class training will provide a huge flexibility to get this training done under different circumstances people who are already in certain job roles and don't have much time to attend classes in regular week days, or parents who have young children to take care of and want to avoid long travel distance.

Become an exceptional coach with our ACCT program. Our comprehensive curriculum covers the following key skills:

### **Key skills you'll master in a nutshell:**

#### **1. Core Coaching skills:**

You will learn practical methods from various theories and practical work, including CBT, CBC, NLP, Clean, Behavioural and persuasive coaching techniques and many other important coaching approaches among others and about Neurosciences and basic human Psychology.

51 – 52 Calthorpe Rd, Edgbaston, Birmingham B15 1TH United Kingdom

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## 2. Advanced coaching approaches:

You would be diving deeper into coaching models and exploring the coaching techniques and diverse methodologies to widen your knowledge and prepare for your role of a coach in future.

## 3. Client-Centric tools:

Develop proficiency in using diverse methods to support your clients later in your coaching practice effectively.

## 4. Ethical Practice:

You would be able to understand and apply coaching competencies and global ethical guidelines with confidence.

## 5. Reflective Practice:

Your coaching competencies will be enhanced through observation, feedback, and in-class supervision.

## 6. Niche Definition:

Towards the end of the course you would be able to define your unique Niche keeping your areas of interest in mind either as a Life, Relationship, Career, Job, Business or Transitional Coach etc. Further details about career opportunities are below.

## 7. Covering Business aspects:

You would be able to get all the necessary training on how to start your coaching practice and career successfully. You would be able to find strategies which are aligned with your unique situation, how to let go any limiting beliefs around running your business right away.



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## Career opportunities:

Upon completing your qualification, you can explore various paths in employed and self employed forms few are mentioned below:

1. **Career/ Job Coach:** You would be able to work as a Career coach, Job coach or Career Orientation Coach to help people find suitable jobs and finally being able to stand on their own feet. You would be able to coach and guide clients through career transitions, job searches, and their professional development by identifying their strengths, goals setting and helping them to taking actions towards that and have manageable plans to achieve their goals.
2. **Health and Wellness Coach:** You can choose to work with clients to improve their physical and mental health and well being either as employed by other organisations, charities, with schools or colleges, as well as wellness coaches with Spas and other companies who provide wellness services or you can work on self employed basis. You would be helping people to work on their health issues, taking responsibility for their health and coaching them around this segment of life which will help them to have healthy habits and manage stress to find work life balance.
3. **Corporate/ Executive Coaching:** As an executive coach you are hired by Corporations and companies to coach and provide different trainings for their employees. You could be hired by them, have contract based work or on self employed bases to provide coaching and training services to their employees.
4. **Business Coach:** As a business coach you support entrepreneurs, small business owners, and start-ups. In business coaching you address challenges like strategizing, helping people find best options for their start ups and businesses making sure they have a strong business plan etc.
5. **Life / Relationship/ Vision/ Transition/ Youth Coaching:** After having this accredited Coach Certificate training you can pick niche according to your own interest, each coaching type has its unique focus, but they all aim to empower clients and facilitate positive changes in their life to take control and get them out of situations which are holding them back.

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**Life Coaching:** Life coaches help individuals set and achieve personal goals, overcome obstacles, and improve overall well-being. They focus on various aspects of life, such as career, relationships, health, and work-life balance, reducing stress, help them in grieving process, and equip their clients with many life and time management strategies to help them take charge of their life.

**Relationship Coaching:** Relationship coaches assist couples or individuals in improving their relationships not only with others but their relationship with themselves first. They address communication issues, conflict resolution, and emotional dynamics to create healthier connections. As part of their training they will master the human psychology around relationships.

**Vision Coaching:** Vision coaches work with clients to clarify their long-term goals and aspirations. They help individuals define their purpose, create a vision for their future, and develop actionable steps to achieve it. Their cliental varies from big corporation and companies to working on one person/ individual vision coaching.

**Transition Coaching:** Transition coaches guide clients through significant life changes, stressful events, overcoming traumatic incidence, helping with grief and loss and other matters such as career shifts, relocation, or major general life events. They provide support, coping strategies, and practical advice during these transitions to help them become independent again not only emotionally but financially as well and start living their life in a better way.

**Youth Coaching:** It's a transformative process led by a youth coaches that empowers young individuals to achieve their goals. It focuses on developing their skills, abilities, and mindset to achieve not only their career goals but help them get out of any situations they feel stuck in, either having clarity about their life goals, getting out of any habits and addictions and utilizing their potentials in best possible ways. They learn effective communication skills and positive reinforcement through coaching.

Youth coaches are, professionally trained adults, specialized in working with teenagers or young adults. They can provide services in various settings including schools, colleges, youth centres, community programs, and through referral system by other organisations dealing with young children, like local



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authorities, Fostering companies, or referred by their own parents or care takers to support these young adults.

6. **Entrepreneurship/ Part-Time Business:** You can launch your own coaching business of course like many people. You will be offering 1:1 or group coaching services, trainings or related topics of your interest and area of expertise or run a part-time coaching business alongside your existing employment to better your financial situation and gain financial independence. There are many liaison opportunities with health professionals or other organisations working towards the well-being of others as mentioned earlier.
7. **Career Development:** Enhance your skill set within your current career/ job roles to get promoted or to get ready to take bigger responsibilities by coaching others, team building inside your job, and leading groups at work places using your coaching expertise. Also by becoming an accredited coach of course you will open new doors of career opportunities and help yourself first before being able to help others.
8. **Personal Growth:** You will achieve marvellous personal growth through this training and will be coached by professionals. It will help you to navigate your life goals better and enhance all aspects of your life through effective coaching techniques.



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## Training content overview:

The ACCT program combines in class training, theory, self-study, and hands-on coaching practice leading to a final exam to finally being able to get your Certificate. Upon completion, you'll have the necessary training hours to pursue Coach Accreditation with the AC or any other associations of your choice.

The highlight of this course is that there is in class training with a Mentor Coach; In-class study consists of 5 vary considerably chosen modules.

There would be content and references provided for the self-study, monthly home work/ assignment will help you to complete your self-study part. You will have access to the team for any guidance. This whole procedure will make it easy for you to complete your training with strategies and with stress.

- Our Accredited Coach Certificate Training will be covering all essential and required content which is needed to be an Accredited Coach.
- Plus, the following additional components will be included:
  1. **Coaching Modules:** Throughout the training you will explore alternative coaching models beyond the GROW framework, providing you with diverse ways to structure your coaching sessions with more variety and confidence.
  2. **Coaching Supervision:** You will be provided Supervision throughout the course to discuss client cases to deepen your understanding of the coaching process.
  3. **Coaching Mentoring:** All participants will receive six one-to-one or group mentoring sessions (30-60 minutes each) with seasoned professional coaches to let go own limiting beliefs and trauma. You would be able to get answers to all your coaching/ personal growth related questions.
  4. **Your Business setup:** We especially not want to make good coaches in our academy but successful ones, for this purpose we included a special module on Business related topics covering all the bases to help you start right away.



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## **Free Membership:**

All participants who will be training with us will get 1 year free membership from Association for coaching which is a regulatory body for coaches in UK.

## **Course Details:**

**Accredited Certificate in Coach Training by Freeha Coaching Academy**

Latest Course dates and price are provided on separate sheet, see the last page.

### **Duration:**

**215-hours ACCT program, spanning over 6 months, online in-class training 1 weekend in a month for 5 months, 6<sup>th</sup> month to complete rest of the self study, coaching practice and exam assignment etc.**

### **Mandatory Attendance days:**

The Participants are required to attend the course on the scheduled dates on time: Classes will start sharp at 9 AM – 5:40 PM including 40 min of break on a Sat and Sun once a month. Total 10 days which are mandatory to complete online in class training. Ask for during the week course dates for people who can't attend weekend classes.

### **Assignments/ homework:**

Assignments or any homework which will be given should be your priority to complete in time which will be crucial part of this training to help you to reinforce the learned material from the in-class training as well as explore other literature which will be provided you for your professional and personal growth as a coach.

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### **Coaching Practice:**

All Participants are obliging to complete 20 hours of Independent Coaching Practice. They would be given all necessary guidelines and supervisions will be available in case they go through any challenges during these sessions and would like to discuss later on how to approach a similar situation in future.

They will also be given reflective logs to measure their performance progress and they also have to complete the session count log to provide along with session notes, or chart/ photos or any session recordings with Coachee's consent as a proof that they completed the required hours.

### **1 to 1 Coaching/ Mentoring sessions:**

All participants will be entitled to have 6 individual coaching/ mentoring sessions, they can avail these maximum within 1 year's time frame starting from the day of their course.

### **Final exam:**

There will be a final exam which is mandatory for participants to take part. It will consist of multiple choices and short questions answers. The passing criteria are 80 % for the participants to get the Accredited Coach Certificate.

### **Course content:**

All course content would be provided by us in digital form also further study reference and literature reference for future professional growth.



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## **Accreditation:**



ACCREDITED CERTIFICATE  
IN COACH TRAINING

Our course of Accredited Certificate in Coach Training at Freeha Coaching Academy meets the accreditation criteria of Association for Coaching (AC) at the ACCT level and covers all the necessary skills you need to master the coaching skills and start practicing right away. As part of the regulatory industry, we adhere to the Global Code of Ethics for coaches. With this certificate you can practice your Coaching career/ business globally.

### **Benefits to connect with AC:**

#### **Coach Training Pathway**

By choosing this pathway, you will earn an Accredited Certificate in Coach Training. Established in 2002, AC is a leading independent and not-for-profit professional body committed to promoting best practices and raising awareness of coaching worldwide.



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### **Accreditation Benefits:**

- One year of Introductory Associate membership
- Opportunity to pursue additional accreditations through their Coach Accreditation scheme
- Further Development material access

**Benefits of Association Membership:** Join our global community of coaching professionals from over 80 countries. Access member-only group supervision sessions, receive guidance from industry experts, and connect with fellow members.