



CPLC

**CERTIFIED POSITIVE
LEADERSHIP COACH**

Coach Training Program



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CERTIFIED POSITIVE LEADERSHIP COACH (CPLC)

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Program overview

The **Certified Positive Leadership Coach (CPLC)** Program offered by Brightfields is designed to develop participants and equip them with all necessary processes, tools, and interventions that will enable them to hone or kick-start their coaching career.

Upon successful completion of our program, you become a Certified Positive Leadership Coach (CPLC) recognized by the International Coaching Federation (ICF) the leading governing body of the coaching industry worldwide.

Furthermore, the program will provide you with a Level 1 coach training that enables you to apply for the ICF Associate Certified Coach (ACC) accredited education.



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The International Coaching Federation defines coaching as partnering with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential.

The process of coaching often unlocks previously untapped sources of imagination, productivity and leadership

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What is Coaching and what is its Purpose?

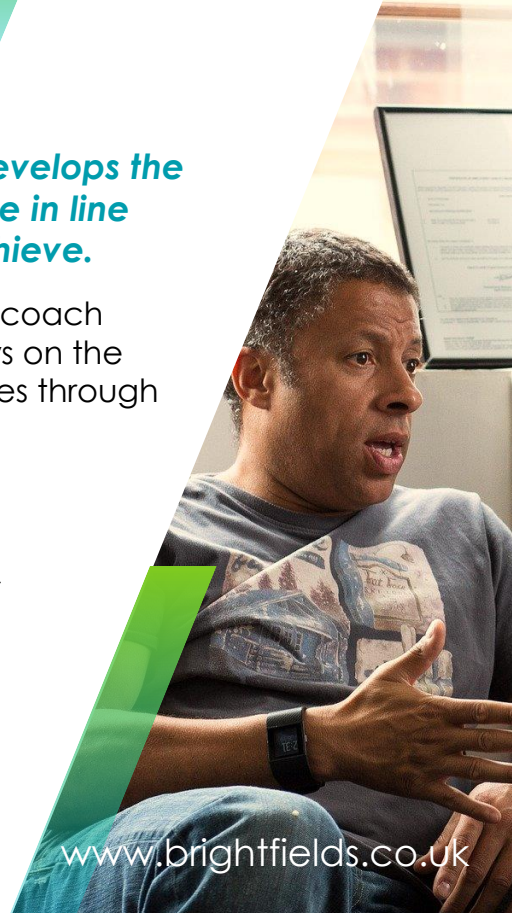
Coaching is a discipline that empowers and develops the skills and talents of a person or group of people in line with the objectives and results they want to achieve.

Through conversation and powerful questions, the coach facilitates self-knowledge, reflection and new views on the client that allow them to respond to their challenges through an action plan.

A coach does not give advice or offer solutions

Coaches focus on changing the mental models or beliefs that could be limiting or conditioning the client's way of acting.

Transforming these models and beliefs involves a process of change in the professional's outlook and ways of doing things. This leads to fruitful and sustainable long-term results for clients.





Who is this program for?

- Individuals who are interested in transforming the lives of others and in pursuing Life or Executive Coaching as a career path or a side hustle
- Non-certified coaches seeking to obtain a recognized and prestigious title in the market
- Managers & Team Leaders who want to enhance their self-governance, and their ability to influence and lead others
- HR professionals who seek to acquire competencies focused on people, relationships and development
- Other professionals and individuals looking to expand their skillsets to grow in impact and results in their careers, relationships and personal lives

What will you achieve?

- New techniques and skills to enhance your professional and personal development.
- Leadership skills to marshal and steer teams in a more effective way, and put into practice the tools of coaching in your organization and in your environment.
- Greater self-knowledge that allows you to expand your individual capacity to use your own talents and resources.
- All needed skillsets to start a full or part-time career as a life or executive coach.

Coaching training, begins with the Certified Positive Leadership Coach (CPLC) Program. It is a pillar for training as a coach.





Program format & duration

When you enroll in Brightfields CPLC coach training program to become a Certified Positive Leadership Coach, you will

- Attend Six (6) in-person, intensive coach trainings, spread out over Three (3) month intervals.
- Attend Ten (10) hours of mentoring hours required to get level 1 from a coach mentor
- Complete virtual work outside of class of about six to eight (6 to 8) hours per week at your convenience; including peer coaching, reflective practice and recommended readings.
- Make great friends and deep connections with driven people from the community who share the same values as you.

What makes this program unique?

- The CPLC program is unique as it incorporates **Coaching** along with principles of **Positive Psychology**. This allows participants to have exposure to an expanded set of coaching tools enabling them to perform better as future coaches.

Positive psychology is a novel and expanding field of psychology that has been proven to enable a boost in self-esteem, change in perspective, improved relationships, higher productivity and increased success.

- Coach mentoring is an inclusive part of the program, and the program fees cover it. This is different from other programs where coach mentoring sessions are charged separately as an extra.
- The program covers full support to participants in their ACC application, aiding them along the way to get ICF certified.
- The program is delivered in-person and not remotely. This allows for better communication and interaction.

Curriculum details

Certified Positive Leadership Coach Training Program

Level 1 Leading to Associate Certified Coach (ACC) | 80 Hours

80 – 100 pages course material

- A. Foundation Course (24 Contact Hours)**
- B. Advanced Course (24 Contact Hours)**
- C. Additional Coaching Practice Session (12 Hours)**
- D. Mentoring (10 Hours)**
- E. Evaluation and Written Feedback (2 Hours)**
- F. Reading and Reflection (8 Hours)**

**** The program will be delivered in English language***

Recommended readings

- **I Heart Me**, David Hamilton
- **When the body says No**, Gabor Mate
- **Co-active Coaching** - New skills for coaching people towards success in work and life - Laura Whitworth, Henry Kimsey- House and Phil Sandhl
- **Coaching Habit**, Michael Bungay Stenier
- **The Prosperous Coach** ,Rich Litvin and Steve Chandler
- **Positive Leadership**, Kim Cameron
- **Corporate Coaching** - The Essential Guide, Sraban Mukherjee

Recommended reading materials can be provided as an additional package add-on



Meet the Trainer | Faten El Ayache

Faten El Ayache is a Certified professional life and executive coach (PCC), a TEDx Speaker, NLP Practitioner, Positive Psychology Practitioner, a career development facilitator, and a soft skills trainer.

Faten has more than 15 years' experience in sales, learning and development, HR and career consulting for major local and multinational organizations such as Boehringer Ingelheim, Sanofi, Qatar University & Carnegie Mellon University in Qatar Foundation.

Her coaching clients come including highly successful entrepreneurs as well as top executives in major organizations such as Qatar Foundation, Qatar National Bank, Microsoft, Janssen Pharmaceutical Companies of Johnson and Johnson, MSD, Hamad International Airport, and many others.



For more information on Faten, visit her website

www.fatens.com



CONTACT US NOW

**TO REGISTER & GET MORE DETAILS ON THE FEES,
PAYMENT PLANS & REFUND POLICY**

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