



Coaching Academy

Course and Module Descriptions

Course 4.1: Professional Foundations for Certification-Aligned Coaching

Course 4.1 is a two-part virtual program designed for participants who are exploring professional coaching certification and want to begin practicing in alignment with certification standards, without committing to the full certification pathway. This course introduces the foundational elements of professional coaching practice that support clarity, credibility, and confidence in working with clients. Participants explore ethical responsibilities, establish clear expectations through coaching agreements, and develop the ability to communicate effectively about coaching. Course 4.1 stands alone as a valuable professional development experience and also serves as a prerequisite for Course 4.2 for participants who later decide to pursue certification.

Modules include:

Introducing the ICF Code of Ethics

This module introduces the ICF Code of Ethics and examines its role in guiding professional coaching practice. Participants will explore the purpose and benefits of a professional code of ethics and consider how ethical principles inform decision-making and behavior in coaching relationships.

Establishing the Coaching Contract

This session focuses on creating clear and effective coaching agreements that establish expectations for the coaching relationship. Participants will explore essential elements of a coaching contract, design their own coaching agreement, and practice using it with a coaching partner.

Introducing Others to Coaching

This module supports participants in clearly and confidently introduce coaching to others, including what coaching is, how it works, and the value it provides. Participants practice introducing themselves as coaches, expressing their coaching style, and helping potential clients determine fit.

Completing the Coaching Relationship

This session explores how to bring coaching relationships to a thoughtful and empowering close. Participants will examine reasons coaching may conclude and practice approaches for ending agreements that honor accomplishments, support transition, and reinforce client autonomy.