



*solutionsurfers*<sup>®</sup>

# *Brief Coach Training*

*Romania*

## 12-Day Training: Brief Coaching PURE

You may be a coach, consultant or a manager with coaching responsibilities. You desire to be even more effective.

### Target

Discover, experience and practice Brief Coaching. Become competent with the essential tools, receive coaching, feedback and support. Perform as a Brief Coach simply and effectively.

### Format

- 12 days (4 x 3 days) face-to-face training
- small-group teleconferences in between the modules focusing on your individual progress and learning.

### Certification

- Our training meets ICF (International Coaching Federation) requirements.
- SolutionSurfers Brief Coach Training is accredited by the ICF as an ACTP program. The offered 12 day training is fully recognized by the ICF as 88 hours of coach specific training (ACSTH).
- Successful course participants receive our Diploma in Brief Coaching.

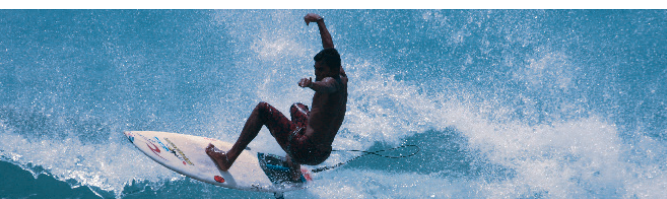
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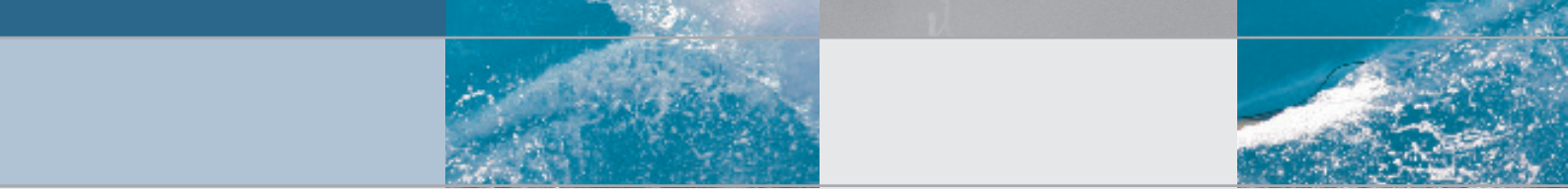
### Dates and Venue

For dates and venue of our next training please check [www.solutionsurfers.ro](http://www.solutionsurfers.ro)

### Costs

**EUR 2800+VAT (fee in RON at BNR exchange rate of payment day) covers the entire course, Starter Kit (book and DVD), workshop documents and light refreshments.**





## Detailed course programme

### Module 1

Getting started with Brief Coaching (3-days). Build on your existing competencies and discover how you can be most useful to your clients:

- the five phases of Brief Coaching
- overview of Brief Coaching tools, with special focus on negotiating goals and the first session with a new client
- ensuring effective communication in a coaching session
- overview of other coaching models and how they differ from Brief Coaching

### Module 2

Brief Coaching at work (3-days). Strengthen your coaching resources and reflect on what can really make a difference for your clients:

- review progress and discuss successes and challenges
- the fundamental ingredients of a successful follow-up meeting
- how to acknowledge and develop clients' resources
- the nuts and bolts of building a solution, with particular emphasis on the Miracle Question

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### Module 3

Brief Coaching – The wider perspective (3 days). Find the courage to rely on your own coaching style and to develop your confidence and creativity as a Brief Coach:

- review progress and discuss successes and challenges
- different ways of staying brief and simple
- how to root lasting solutions in the client's environment
- integrating what the client has learnt and wrapping up the coaching relationship

### Module 4

Live coaching days (3 days). Spend three intensive days applying your coaching skills facing «real» clients. Discover the broad variety of topics, personalities and possibilities that you may face in a coaching practice. Become comfortable with your contributions and competencies as a coach.

- coach one of the live clients
- support each other in your performance and learning
- reflect, observe and learn from observing others coach
- celebrate your accomplishments



Dr. Peter Szabó



Dr. Petra Müller-Demary

## SolutionSurfers

### Our Coaching Approach

We have been training coaches for 16 years and have specialized in Solution Focused Coaching (after Insoo Kim Berg and Steve de Shazer).

Focus thereby is placed on the personal resources of the dialogue partner, thus setting the base for individual solutions often in very short time.

This coaching approach convinces through simplicity and efficacy and has been proving its value for years now in the economical and counseling field.

**SolutionSurfers is an international network of solution-focused trainers and coaches, based in Lucerne, Switzerland. More than 800 coaches from different countries have trained with us in the last 10 years.**

**Like surfers on the ocean, SolutionSurfers navigate a landscape that is constantly moving. We pursue solutions, surfing on forward movement and supportive change.**

### Trainers

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as a member of the SolutionSurfers faculty she delivers Solution Focused courses in various European countries and was host of the international SOL world conference in Bucharest in 2010.

She runs the Brief Coaching PURE program in Romania (12 days).

#### Dr. Peter Szabó

co-founder of SolutionSurfers and Master Certified Coach of the International Coach Federation, leads the Brief-Coach Training programme. He is co-author of Brief Coaching for Lasting Solutions with Insoo Kim Berg. Dr. Peter Szabo leads the international Brief Coach Training Program. He runs the PLUS program towards coaching certification for PCC level.

### Continued education

Course title	Course content	Format	Contact hours
Brief-Coaching PURE	Brief-Coaching in practice: foundations, in-depth tools and procedures.	Face-to-face training and teleconferences.	88
Brief-Coaching PLUS	Widen your Brief-Coaching range, get new ideas, reflect on and enhance your practice.	Supervision days and teleconferences.	40
Brief-Coaching PRO	Individual mentoring to refine and extend your Brief-Coaching skills, eligibility for International Coach Federation certificate.	Individual assessment and coaching.	15



## Your benefits as . . .

### **New Coach,**

who learns a straightforward procedure that brings results. This training provides theory and practice, practice, practice, so that you can support clients and guide the discovery of solutions.

### **Experienced Coach,**

who wishes to navigate a changing landscape and experience a gain in effectiveness. Solution-focused Brief Coaching brings a paradigm shift and a thrill of discovery; it builds on existing competence with renewed curiosity.

### **Company or Organization,**

that wishes to expand the capabilities of its managers, enhance results orientation and sustain follow-through. Brief-coach methods can invigorate operational climate in times of change or boost performance of individuals or teams.

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