





# Takatuf Coaching School

A programme of learning providing 65.5 hours of coaching practice that qualifies participants for ICF membership and enables the pathway to professional credentials.

# Programme Components



Programme Component <b>1</b>	<b>ONLINE INTERACTIVE SESSIONS</b>	<b>31.5 HOURS</b> (9 x 3.5 contact hours)	Learning the theory and practice of Coaching according to the ICF definitions; Code of Ethics and 8 Core Competencies
Programme Component <b>2</b>	<b>COACHING CIRCLES</b>	<b>20 HOURS</b> (8 x 2.5 contact hours)	Applying the theory and developing competencies and skills to meet ICF standards
Programme Component <b>3</b>	<b>MENTOR COACHING</b>	<b>3 HOURS</b> (2 x 1.5 contact hours)	Learning from a Professional Coach how to develop your practice/business as a coach following the program
Programme Component <b>4</b>	<b>COACH PRACTICE AND SELF STUDY</b>	<b>11 SELF DIRECTED - 3 HOURS MIN PEER COACHING PRACTICE and 8 HOURS min of self-study – provided videos; worksheets; quizzes; readings; reflections</b>	Building your confidence as a coach and deepening your knowledge and understanding of the key concepts

**TOTAL ICF APPROVED PROGRAMME HOURS = 65.5 HOURS**

**OMR 2,250 PER PARTICIPANT**

# Programme Timeline



<b>WEEK 1</b>	<b>Week beginning October 4</b>	<b>2 hours</b> (self-study to suit own schedule)	<b>ORIENTATION</b> to program – videos and pre-readings to help you get set up for the program
<b>WEEK 2</b>	<b>October 12 / 13</b>	<b>3.5 hours per morning session plus 2.5 Hours per afternoon practice +1.5 hours self-study/coaching practice</b>	<b>ONLINE ZOOM</b> interactive sessions – tools; techniques; competency development; demos; small group work <b>COACHING CIRCLES</b> Small group online peer coaching practice with mentor coach <b>SELF-STUDY/PEER COACHING</b> -practice; quizzes; reflections; readings
<b>WEEK 3</b>	<b>October 26 / 27</b>	<b>3.5 hours per morning session plus 2.5 Hours per afternoon practice +1.5 hours self-study/coaching practice</b>	<b>ONLINE ZOOM</b> interactive sessions– tools; techniques; competency develop <b>COACHING CIRCLES</b> Small group online peer coaching practice with mentor coach <b>SELF-STUDY/PEER COACHING</b> – practice; quizzes; reflections; readings
<b>WEEK 4</b>	<b>November 16 / 17</b>	<b>3.5 hours per morning session plus 2.5 Hours per afternoon practice +1.5 hours self-study/coaching practice</b>	<b>ONLINE ZOOM</b> interactive sessions - – tools; techniques; competency development; demos; small group work <b>COACHING CIRCLES</b> Small group online coaching practice with mentor coach <b>SELF-STUDY/PEER COACHING</b> – practice; quizzes; reflections; readings



**WEEK**  
**5**

**November 30**  
**December 1**

3.5 hours per morning session  
plus 2.5 Hours per afternoon  
practice +1.5 hours  
self-study/coaching practice

**ONLINE ZOOM** interactive sessions - – tools; techniques;  
competency development; demos; small group work  
**COACHING CIRCLES** Small group online coaching  
practice with mentor coach  
**SELF-STUDY/PEER COACHING** – practice; quizzes;  
reflections; readings

**WEEK**  
**6**

**December**  
**7**

1.5 hours of online mentor  
coaching + 1.5 hours  
self-study/practice coaching

**MENTOR COACHING # 1** – How to become an ICF Creden-  
tialed Coach  
**SELF-STUDY/PEER COACHING** – practice; quizzes;  
reflections; readings

**WEEK**  
**7**

**December**  
**14**

1.5 hours of online mentor  
coaching + 1.5 hours  
self-study/practice coaching

**MENTOR COACHING # 1** – How to become an ICF Creden-  
tialed Coach  
**SELF-STUDY/PEER COACHING** – practice; quizzes;  
reflections; readings

**WEEK**  
**8**

**December**  
**15**

**3.5 Hours**

**ONLINE ZOOM** interactive session – next steps; gradua-  
tion; program projects and feedback. Award of Certifi-  
cates and Celebration!



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TakatufOman



+968 2214 2999



[www.takatuf.om](http://www.takatuf.om)

P.O. Box 3, P.C. 102, Al Qurum, Sultanate of Oman.