



Catalyst  
Coach  
Certification

# Catalyst Coach Certification

A New Coach Certification for a New World



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# Why Choose Catalyst Coach Certification?

# 01

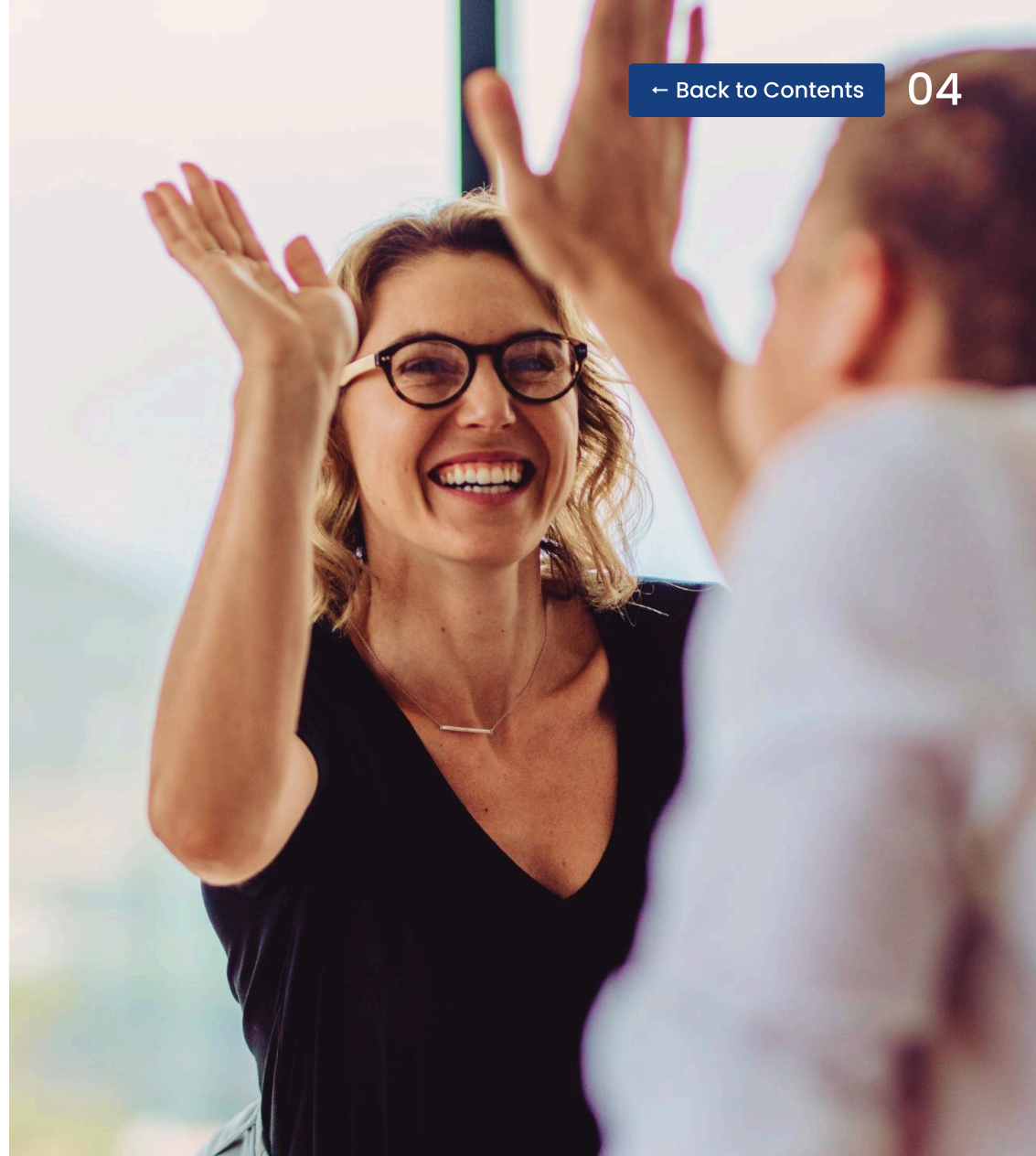
## Why Catalyst Coach Certification?

# Become the Coach the Future Demands

In today's rapidly evolving world, becoming a coach means stepping into a role of profound purpose and impact. As individuals navigate unprecedented challenges—from career transitions to personal fulfillment—they're seeking more than advice; they're looking for groundbreaking guidance that only a certified coach can provide. The Catalyst Coach Certification equips you with evidence-based methodologies and cutting-edge techniques that address the complex realities your clients face, positioning you as their trusted ally in creating meaningful, sustainable change.

Beyond skill development, certification signals to clients that you've committed to the highest standards of coaching excellence. When you become a Catalyst Certified Coach, you join a vanguard of professionals who are redefining what's possible in human development. This isn't just about adding credentials to your name—it's about mastering the art and science of helping others breakthrough their limitations, unlock their potential, and create the lives they truly desire.

**Are you ready to become the catalyst your future clients are searching for?**

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Meet Coaching.com

# Unlock Your Coaching Potential With Us

Coaching.com is the premier destination for professional coaching education, dedicated to empowering coaches worldwide with cutting-edge methodologies and exceptional learning experiences.

Our comprehensive educational platform combines **evidence-based coaching techniques**, **innovative virtual learning environments**, and **technology-enabled tools** designed specifically for today's dynamic coaching landscape. With a variety of professional courses delivered by industry-leading experts and ICF-accredited faculty, Coaching.com ensures that participants not only master essential coaching skills but also gain the practical expertise needed to thrive professionally.

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 coaching.com

“Catalyst Coach Certification is designed specifically for those committed to becoming professional coaches and building a sustainable coaching career in today's evolving landscape.”

**Charlotte Saulny**

CEO  
Coaching.com

## Why Choose Coaching.com?

# The World's Best Professional Coaching Programs

### World-renowned Thought Leaders

For over a decade, Coaching.com has partnered with the world's greatest minds in coaching to create virtual courses from which tens of thousands of coaches have graduated.



Dr. Marcia Reynolds



Prof. Peter Hawkins



Ann Betz



Chip Conley



Dr. Lisa Orbe Austin

### Network of Partners

Coaching.com partners with the world's top organizations and coaching providers, helping them stay at the leading edge of the coaching industry.



### Industry Accredited Courses

All of our courses meet the requirements of the leading global accrediting bodies.



**Through our holistic approach,** we support coaches in achieving ICF accreditation, building successful practices, and accessing a global community of coaching professionals committed to continuous growth and excellence.

## Why Choose Catalyst Coach Certification?

# Empowering Coaches for the Modern World

Catalyst Coach Certification is designed to equip the next generation of coaches with cutting-edge methodologies, neuroscience-based strategies, and practical tools to address the complexities of today's dynamic environment. We focus on empowering coaches to build personal resilience, foster sustainable change, and create meaningful impact in their clients' lives.

### What Sets Us Apart?

**Holistic Approach:** A future-focused curriculum combining neuroscience, experiential learning, and technology-enabled AI coaching tools.

**ICF Accreditation Support:** Comprehensive guidance to achieve International Coaching Federation (ICF) credentials (ACC).

**Global Marketplace Access:** Exclusive membership benefits and access to a global coaching network.

**Business Development:** Training in branding and marketing to help coaches build thriving practices.



# Why Choose Catalyst Coach Certification?

## Expert-Driven Education and Support

### Leaders and Advisory Board Members



**Charlotte Saulny**  
CEO of Coaching.com



**Ann Betz**  
Director of Education & Co-Leader



**Ursula Pottinga**  
Co-Leader & Advisory Board Member



**Marcia Reynolds**  
Guest Presenter and Advisory Board Member



**Eddie Turner**  
Advisory Board Member



**Lindsay Boccardo**  
Advisory Board Member



**Sara Smith**  
Advisory Board Member

### Coaching.com Team



**Dino Bosak**  
Program Director



**Natia Lelashvili**  
Sr Program Coordinator



**Eva Koščak**  
Curriculum Designer

### Designed by Experts, Backed by Research

The Catalyst Coach Certification program was meticulously designed by Coaching.com in collaboration with the world's leading coaching experts, thought leaders, and ICF-accredited professionals.

Grounded in the latest research, this program addresses the evolving needs of the modern coaching landscape, equipping participants with cutting-edge tools and methodologies.

This certification provides an ideal career-change opportunity, empowering aspiring coaches to maximize their potential, confidently step into the coaching industry, and build a successful professional coaching practice.



# Why Choose Catalyst Coach Certification?

## Your Learning Experience

### Dynamic Learning Approach

Our program is designed to ensure that participants build foundational knowledge independently before engaging in active classroom sessions. Key features include:



#### Pre-Class Preparation:

Self-paced assignments including videos, readings, and self-reflection exercises.



#### Active Learning in Class:

Interactive discussions, case studies, and skill drills guided by expert facilitators.



#### Student-Centered Learning:

Encourages students to take responsibility for their learning, while promoting collaboration and active participation in the classroom.



#### 1:1 and Group Mentoring:

Participants will receive mentoring from ICF-accredited mentors and spend time practicing coaching techniques in small groups

### High Industry Standards

To align with the rigorous standards set by the **International Coaching Federation (ICF)**, all faculty members will be ICF-accredited (ACC, PCC or MCC), ensuring a high-quality, industry-recognized learning experience.



“Coaching.com for me represents excellence, professionalism, innovation, learning and development. It has opened up to me first class content and materials. It has taught me about areas of coaching that I had no experience in and allowed me to specialize in my own chosen field through excellent certification courses.

**Fiona Fraser**

Global Leadership Coach and Mentor  
Former President of ICF Chile

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# Course Overview

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# Catalyst Coach Certification at a Glance

This course has been designed in accordance with the ICF Level 1 certification requirements.

All participants who successfully graduate from the course and complete their ICF requirements, will be eligible for an ACC accreditation.



Speak to our Education Advisor

## Duration

8-month  
comprehensive  
program

## Commitment

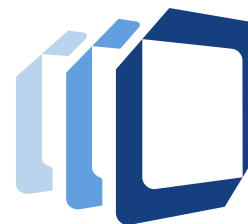
3-5 hours per week

## Training Hours

85 hours of  
professional  
coaching instruction

## Modules

6 modules  
delivered in a  
5-week cadence  
per module



## Technology

Learn how to  
use technology  
to enhance your  
coaching

## Marketing Support

Get support in  
crafting a standout  
brand, professional  
bio, and a coaching  
highlight video

## Delivery Format

Online, hybrid.  
Combination of  
multimedia pre-work  
and live sessions

## ACC Requirements

All mentoring hours  
and observed  
sessions included



# Course Outcomes

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**Master coaching fundamentals** such as active listening, powerful questioning, and mindset shifts.

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**Understand coaching ethics and best practices**, including working with diverse clients, mental health considerations, and ethical boundaries.

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**Develop a strong coaching presence**, learning how to build trust and facilitate transformational conversations.

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**Gain business and branding skills**, including marketing strategies, personal branding, and networking.

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**Learn advanced coaching techniques**, including perspective shifting, embodiment coaching, and values-based coaching.



**Experience real-world coaching practice** through observed coaching sessions with expert feedback.

## Is this course for me?

If you're an aspiring coach, HR professional, consultant, or business leader looking for certification, mentorship, or business development support, this course is for you. It's also ideal for entrepreneurs, career changers, and anyone passionate about human development, resilience, and behavioral change who wants a structured, science-backed approach to coaching.

# Unlock your coaching future by becoming certified.

The Catalyst Coach Certification is a premier online coaching certification course, created to train the next generation of coaches, equipping them with the methodologies and tools needed to address the complexities of the modern world.

## Course Modules

1. **Building the Container:** Foundations of Coaching
2. **Aligning with Purpose:** Values-Informed Coaching
3. **Adopting New Perspectives:** Beyond Limiting Beliefs
4. **Cultivating Presence:** Intuition and Somatic Awareness
5. **Change to Navigating Human Complexity:** From Mental Health to Global Ethics
6. **Building Your Coaching Practice:** A Strategy for Success

# Course Modules

## MODULE 1

### Building the Container: Fundamentals of Coaching

In Module 1, we cover the fundamentals of professional coaching, focusing on both mindset and skillset. Participants will distinguish coaching from mentoring and therapy, adopt a coaching mindset, and practice key skills like active listening and powerful questioning - the foundations of any coaching practice.

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**Define coaching** and differentiate it from mentoring, advising, and therapy.

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**Adopt a coaching mindset** by seeing clients as naturally creative, resourceful, and whole (NCRW).

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**Develop core coaching skills**, including active listening, powerful questioning, and reflection.

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**Establish a coaching container**, setting clear agreements, expectations, and ethical boundaries.

## MODULE 2

### Aligning with Purpose: Values-Based Coaching

In Module 2, participants will deepen their coaching practice by exploring the critical area of values and fulfillment. This module focuses on helping clients uncover what truly fulfills them. Coaches will learn tools and techniques to identify resonant topics, listen for values, and guide clients toward meaningful insights.

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Learn to **uncover what clients truly want** versus surface-level desires.

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Learn to **identify** and **work** with **personal values** as a cornerstone of coaching.

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**Practice tools for discovery**, including intake methods and agenda-setting.

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**Explore concepts like "North Star" values** to help clients align their goals with purpose.

# Course Modules

## MODULE 3

### The Power of Perspective: Helping Clients See Beyond Limitations

Module 3 explores how to help clients shift limiting perspectives into empowering ones. Participants will learn techniques to identify perspectives, facilitate shifts, and use metaphors for transformation. These skills enable coaches to reduce client stress, enhance clarity, and unlock new growth opportunities.

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**Identify limiting beliefs** in clients and guide them to reframe their perspectives.

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**Use metaphor and intentional language** to help clients gain new insights.

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**Apply coaching tools** to facilitate meaningful and lasting mindset shifts.

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**Feel confident to enroll** practice coaching clients.

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## MODULE 4

### Cultivating Presence: Intuition and Somatic Awareness

Module 4 focuses on key advanced coaching skills that strengthen presence and elevate impact. Coaches will learn how to take charge of sessions while honoring the client's agenda, and develop nuanced abilities in Acknowledgement, Championing, and Calling Forth. The module also introduces intuitive and somatic approaches to deepen connection and insight in coaching conversations.

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**Master acknowledgment, championing, and calling the client forth** in coaching conversations while taking charge effectively during sessions.

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**Harness intuition and incorporate body awareness** (somatic coaching) to enhance coaching practice.

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**Cultivate a strong coaching presence** to improve focus and engagement in sessions.

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# Course Modules

## MODULE 5

### Navigating Human Complexity: From Mental Health to Global Ethics

In Module 5, we cover key coaching areas that may arise in sessions, including mental health and trauma, neurodiversity, diversity, equity, inclusion (DEI), and coaching ethics. Participants will learn how mental health and trauma can impact coaching outcomes, how to adapt to various neurological differences, and the importance of DEI in coaching, particularly in a global context. They will also examine ethical considerations based on ICF guidelines.

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**Navigate mental health and trauma** considerations in coaching.

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**Adapt coaching techniques** for neurodiverse clients.

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**Apply DEI principles** in a global coaching context.

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**Interpret and apply coaching ethics** based on the ICF Ethics Statement.

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**Select and utilize** appropriate coaching tools based on client context.

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## MODULE 6

### Building Your Coaching Practice: A Strategy for Success

In Module 6, participants will learn how to combine their coaching skills with practical business strategies to launch and grow a successful coaching practice. Through expert panels, real-world case studies, and hands-on exercises, participants will explore different coaching niches, address limiting beliefs, and discover diverse career opportunities beyond private practice.

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**Identify and evaluate** different coaching niches and career opportunities.

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**Address and overcome** limiting beliefs related to building a coaching business.

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**Apply expert insights** to create a personalized 90-day business action plan.

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# Module Structure

# 5 Weeks

<b>LAB WEEK</b> Pre-Work	1.5–2 hours Self-Paced
<b>WEEK 1</b> Core Learning Session 3 Hours LIVE	Through guided Q&A, skill drills, and interactive group exercises, these 3-hour sessions will help you solidify your understanding and confidently apply coaching concepts.
<b>WEEK 2</b> Facilitated Triad Practice 2 Hours LIVE	Designed for skill refinement, this 2-hour session offers structured triad coaching practice, facilitator guidance, and a group debrief for deeper learning.
Pre-Work	1.5–2 hours Self-Paced
<b>WEEK 3</b> Core Learning Session & Observation Session 3 Hours LIVE	A 3-hour coaching development session featuring 60 minutes of core learning and 120 minutes of observed coaching, with expert feedback for accreditation readiness.
<b>WEEK 4</b> Group Mentoring Session 2 Hours LIVE	These 2-hour sessions, delivered in max groups of 10, offer mentorship from ICF-certified mentors and provide you with valuable feedback and guidance on your coaching.
<b>WEEK 5</b> Lab Week 1.5 – 2 Hours	During Lab Week, you will engage in self-paced learning and coaching practice, refining skills and preparing for the next module.

# Your Learning Journey

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## Learn

Gain cutting-edge knowledge and insights from industry experts to build a strong foundation.



## Practice

Engage in hands-on exercises and real-world scenarios to master essential skills.



## Apply

Transform learning into action by implementing coaching strategies with real-life clients.



## Coaching Management Software

Streamline all coaching processes with Coaching.com's enterprise-grade platform.



# Your ICF ACC Accreditation

## Associate Certified Coach

	 Requirement	 Catalyst Coach Certification
Learning Hours	Min 60 hours	85 hours
Group Mentoring	7 hours	12 hours
Individual Mentoring	3 hours	3 hours
Observed Sessions	5 sessions	5 sessions
Coaching Hours	100 hours	TBD
Performance Evaluation	Required to pass	Included as part of the course
Exam	Score of 460 to pass (200-600)	Not included

We don't just train our coaches; we support them through the certification journey. Our program sets participants up to become ICF-accredited coaches, specifically preparing them for ACC (Associate Certified Coach) accreditation.

Beyond training, we help coaches navigate the ICF application process, ensuring they have all the required documentation and understand the steps.

Additionally, our coaching platform simplifies session tracking, automatically logging and organizing coaching hours so coaches can easily submit their session records as part of the ICF requirements.





“I'm a serial student of the coach training programs at Coaching.com. I was looking for learning that felt real and felt relevant. What I found was a special place that stretched me, and deepened how I show up in my work. What I've gained through Coaching.com shows up in how I coach, how I lead, and how I live.

**Lucy Shenouda**

Executive & Team Coach  
MCC, ACTC, ESIA



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**Are you ready to join  
the next generation  
of coaches?**

Explore Course Details →

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## Connect with Us

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