

applied·life

Science to Skill Coach Training

Course overview

team@appliedlife.is

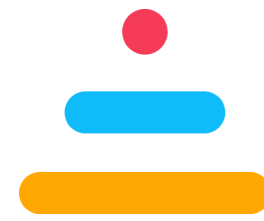
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about Applied Life and the approach of the Science to Skill Coaching Training course

At Applied Life our motto is **from science to skills to help you thrive**. We are a thinktank, professional network, and community that take state-of-the-art scientific insights and transform them into practical application. We support people and organizations that are open-minded and like to think outside the box in finding unique ways to thrive and contribute to a sustainable and flourishing society.

Thus, our Science to Skills Coaching Training offers a unique approach: the training is based on **interdisciplinary sciences** that serve our coaching and conversation skills. A wide range from educational science, contemporary neuroscience, and positive psychology to studies of mindfulness, emotional intelligence, and performance. Moreover, instead of following one specific coaching philosophy or discipline, the course offers a deeper and more nuanced understanding of underlying principles and building blocks so that participants will learn to recognize patterns in their professional application and develop their own style, processes, and practices whilst remaining aligned with the ICF on ethical standards.



about the instructor



Dr Nelly Nguyen

Leadership Expert, Positive Psychology and Brain-Based Coach, Founder of Applied Life

Dr. Nelly Nguyen, who prefers to simply be called Nell, is the founder of Applied Life. With coaching certificates based in neuroscience and positive psychology, university degrees in sports science, educational science, and physics, as well as a rich background in science, education, and industry in various leadership roles, she uses her idiosyncratic skillset to coach, mentor, write, edutain, and constantly develop new conceptual models and tools.

She loves working with people from a diverse background who seek vertical development. She is passionate about transforming the world to become more aware, empathic, and sustainable, and helping individuals in their quests towards self-actualization, wellbeing, and personal accomplishment.

She is a member of the International Coaching Federation (ICF), the European Mentoring & Coaching Council (EMCC), and the Institute of Coaching (IOC) and collaborates with a wide network of organizations and professionals in the field of education, positive psychology, neuroscience, mindfulness practice, edutainment, talent development, and coaching.

To check out Nell's full profile please [click here](#).



who is our course for and what will you learn?

This course is ideal for aspiring coaches, organizational leaders or in-house coaches, educators, and practitioners from adjacent professions such as counselors or caregivers.



You will learn the science-backed craftsmanship of coaching as well as the deeper underlying concepts explained in a comprehensible and adaptable way.



You can build your own skillset and toolset with confidence and customize it to your individual style and application.

course content summary

Science-based coaching skills*:

The first part of the course will teach you the science-backed craftsmanship of coaching with plenty of opportunity to practice, discuss, and reflect, so that you can develop your own style and toolbox that suits your own needs and be ready to coach or use coaching skills in your professional situation. In these 12 sessions we will explore...

*All content is subject to minor alterations.



- Understanding coaching
- The art of listening
- The art of speaking
- Setting goals that matter
- The coaching relationship
- Metacognition & insight
- Exploration
- Focus
- Learning & growth
- Change & habits
- Velocity
- Completion & celebration

course content summary

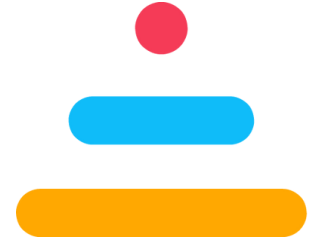
Scientific concepts in action*:

The second part of the course will allow you to take a deeper and more scholastic look into important concepts behind coaching (such as motivation, emotions, mindfulness etc.) and apply them specifically to your own practice. By being aware of scientific concepts and gaining a more nuanced view, you will gain more confidence in identifying underlying patterns in your coaching conversations as well as individual or circumstantial needs and opportunities. You will be able to differentiate when and how to use which coaching skill, intervention, or assessment appropriately and effectively. In these 12 sessions we will explore...



- Motivation
- Optimism & wellbeing
- Mindset & core beliefs
- Understanding emotions
- Emotional intelligence
- Mindfulness & compassion
- Creativity & play
- Diversity, equality & inclusion
- Visions, values, strengths
- Personality
- Coaching in the digital era
- Conclusion & reflection

*All content is subject to minor alterations.



coach mentoring

For those who aim for ICF accreditation, we offer the necessary additional coach mentoring in the form of 7 hours of group mentoring, (taking place on Friday mornings at 9.30am) and 3 hours of individual mentoring with a PCC level coach mentor.





**we're not here to
convince you.**

**we're here to
empower you**

the schedule

The Science to Skill course consists of 24 classes of 2,5-hour duration and 1 hour of partnered homework per lesson.

For easy integration into your timetable, there will only be one class plus homework per week, which allows you to digest the content and already find opportunities to practice your new skills.

You may add another hour of peer-coaching for practice, and we would highly recommend it. It is however not necessary for course completion and success.

The course takes place on Wednesdays from 4:00-6:00pm CET/CEST.

If you wish to proceed with coach mentoring, we will provide additional information on times and dates.

More detailed information will be provided before the beginning of the course.



24 classes of 2 hour duration



1 hour homework



1 hour peer coaching



Wednesdays 4-6pm CET/CEST

certificate and ICF accreditation

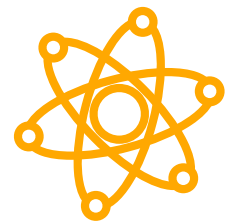


All participants will receive the Science to Skill Coaching Certificate upon completion of the course. For completion you need to participate in the 24 classes including the corresponding 1 hour partnered study between lessons. You may miss up to 2 classes during each part of the coach training, and up to 4 classes in total. If you missed more than 2x2 classes, you may team up with other classmates and make up for the missed classes by booking additional tutoring against a fee if a suitable time can be found.

The International Coaching Federation (ICF) has recently updated coaching education standards. We are launching this coach education course in line with the ICF and will apply for this course to be recognized as a Level 1 coach education program. As soon as the application is complete, all participants will receive 60 credits for this course and can apply for ICF credentialing process if they meet all other required criteria. Please note that we cannot guarantee ICF recognition for this program at the time being, but we are working hard towards fulfilling all requirements in close contact with the ICF and are confident that we will be able work out a solution.

package and payment plan

The course consists of 2x12 class units of 2-hour training plus 1 hour of structured homework. Additional coach mentoring is offered for those who want to proceed with ICF accreditation or are otherwise interested in further improving their skills with coach mentoring.



Package 1 - €2750

Science-based coaching skills + scientific concepts in action

This package is ideal for organizational leaders, professionals from adjacent fields, or coaches who want to complement their coaching skills and who do not need additional ICF certification. You will gain the Applied Life Science to Skills Coaching Certificate.



Package 2 - €3600

Science-based coaching skills + scientific concepts in action + 10 hours of coach mentoring

This package is ideal for aspiring coaches and other professionals who want to become ICF certified. In addition to the Science to Skill Coaching Certificate, you will receive your coach training credits and coach mentoring hours to apply for ICF accreditation as Associate Certified Coach (ACC).



Discounts & payments

For early bird and multiple sign up discounts please get in touch.

Payment can be made upfront or in monthly instalments of six consecutive months starting with the first instalment in April for the summer semester and September for the winter semester, respectively.



what people say



Vanessa van den Brink

Business & mindset coach & mentor to female entrepreneurs & businesswomen

"Spoiler alert: I am huge fan of the S2SC of Applied Life. It is jam-packed with valuable content, giving the basis of coaching - and so much more - in a safe and trusted environment!

What I value the most with this course is how rooted the teachings are in science. Everything we talk about and learn to apply is evidence-based & tried and tested by Applied Life's great founder Dr. Nelly Nguyen. The sessions are fun, low key and simultaneously challenging. Thanks for such a well thought-out coach-training experience!"



Anne Lasse

Career and mindset coach

"The coach training was outstanding. Nell provided a supportive environment where I felt safe to contribute and speak up which ensured that I was getting maximum value.

There is an excellent mix of practical application and theory backed by science. I felt like I was in such good hands and it has equipped me to take the leap into starting my coaching business. Through the training, I have also built a network of peer coaches which enabled me to practice my skills and also see other peers in action. I cannot recommend this highly enough both for personal development and leadership skills as well as developing technically as a coach."

course schedule



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24 classes of 2 hour duration | Wednesdays 4.00-6.00pm CET/CEST

1 hour homework per session | 1 hour peer coaching (optional)

10 hours coaching mentoring | Group mentoring will take place on Fridays 9.30-10.30am CET/CEST

Winter Semester

6th September
13th September
20th September
27th September
4th October
11th October
18th October
Break (see holidays)
1st November
8th November
15th November
22nd November
29th November

Spring Semester

10th January
17th January
24th January
31st January
7th February
14th February
21st February
Break (see holidays)
6th March
13th March
20th March
27th March
1st April

Group Coaching

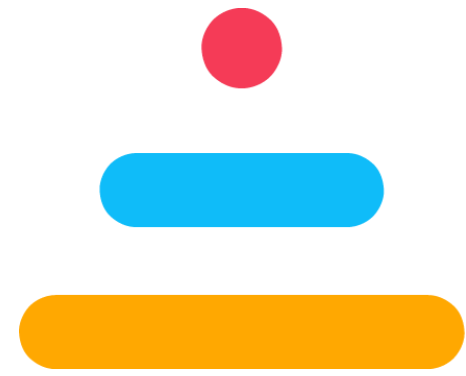
6th October
20th October
3rd November
17th November
1st December
19th January
2nd February

Holidays

19th -31st October
7th December - 9th January
22nd February - 5th March

Notes

- 10 hours of mentoring are required for ICF accreditation.
- 7 hours of mentoring will be provided as group mentoring.
- 3 hours will be arranged individually with Nell or a different PCC level coach.
- We encourage you to continue with peer-coaching outside of the regular class homework with the people from the course.



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contact us

Ready to join our next cohort? Contact us at the email address below and we will respond with next steps.

team@appliedlife.is

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