

applied·life

Science to Skill Coach Training

Course overview



team@appliedlife.is

www.appliedlife.is

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.

That's why our Science to Skills Coach Training course is focused on **equipping coaches, educators, and leaders with the science-backed tools of coaching, empowering them to have transformative conversations in any context**. You'll learn an interdisciplinary approach to coaching that draws on a wide range of perspectives, including findings from:

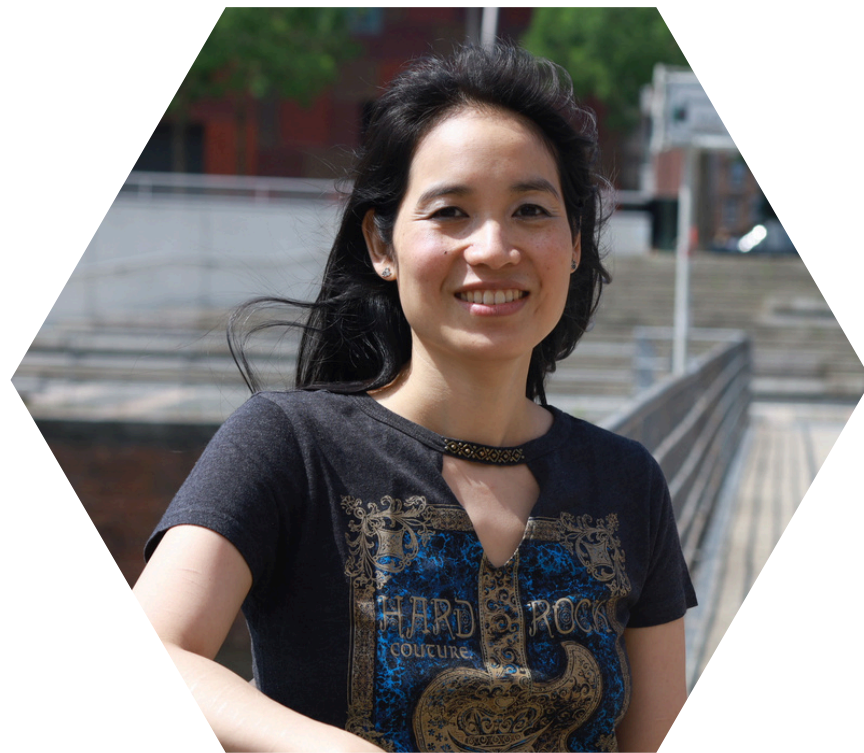
- educational sciences
- contemporary neuroscience
- positive psychology
- mindfulness studies
- emotional intelligence studies
- performance studies

Moreover, instead of following one specific coaching philosophy or discipline, the course offers a deeper and more nuanced understanding of coaching science 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 instructors



Dr Nelly Nguyen, PCC

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](#).



about the instructors



Jane Molloy, PCC

Expert for Coach Accreditation and
Continuous Professional Development

Jane is a Coach and a developer of Coaches with a lifelong commitment to the joy of learning. After a long career in organisational and leadership development, her work now focuses primarily on developing, mentoring and supervising coaches, both in-company and independents. Her style combines patience and optimism, founded on a bedrock belief in the deep resourcefulness of individuals. She has an extensive kit-bag of tried-and-tested tools to help clients, which is expanded regularly as she is a voracious learner.

Her qualifications include professional certification as a coach (PCC) from the International Coach Federation and a Diploma in Coach Supervision, an MA in Manpower Studies and an MBA (with distinction), where her final dissertation was on strategic planning processes.

Outside of work, Jane is actively involved on the Committee of her local running club and is a terrible but persistent runner, who likes to take her time admiring the scenery and enjoying the changing seasons. She lives with her husband in leafy Hertfordshire, about a marathon north of Central London.

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



who is our course for?

ORGANIZATIONAL LEADERS ∴ EDUCATORS ∴ ASPIRING COACHES



for organizational leaders

Learn the craft of coaching to help your team grow, connect, and thrive.

As an organizational leader, you are in a unique position. You are responsible for delivering business results — and to do that, you need to foster collaboration, creativity, and connection with each of your team members.

When you bring the science-backed craft of coaching to the workplace, you will be able to connect with and inspire your team in a whole new way.

You'll learn to identify strengths, ask powerful questions, set effective goals, and create a motivating environment that brings out the best in everyone. You'll help each team member unlock their true potential, creating positive rewards for you, your team, and your organization.

As a result your leadership will become more effective, and your team will experience higher wellbeing and performance.



for educators

Learn the craft of coaching to help your students learn, reflect, and thrive.

As a teacher and educator, you have been given a special job. You have an opportunity to not only share information, but help your students grow as individuals.

When you bring the science-backed craft of coaching to the classroom, you will be empowered to help students discover their true potential. You'll learn how to point out strengths, prompt reflection, build connection, and inspire optimism for the future, what's more: you'll know how to help them develop their own learning style and build important life skills.

You'll also learn how to create a classroom or learning environment that honors creativity, play, and the unique differences in learning and processing styles among each student. When students leave your classroom, they'll be prepared to not only advance their education, but pursue their authentic goals and dreams with confidence.



for aspiring coaches

Join the coaching profession and help individuals and teams reach their full potential.

When you pursue a career in professional coaching, you will be empowered to foster transformation for individuals, groups, and teams.

The S2S coaching curriculum will give you a foundation in the essentials of coaching — including how to listen well, ask powerful questions, set effective goals, and tap into authentic motivation — while also exposing you to a variety of coaching speciality areas that you may want to pursue in the future.

You'll learn the fundamentals and get hands-on practice in a cohort of supportive, engaged learners. And, if you choose Package 2, you will also be equipped to pursue formal accreditation with the International Coaching Federation (ICF), solidifying your membership in the professional world of coaching.

course content summary

Science-based coaching skills*:

The first part of the course will teach you the science-backed craftsmanship of coaching conversations 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.

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- Understanding coaching
 - The art of listening
 - The art of speaking
 - Purpose-driven goals
 - Setting effective agendas
 - Metacognition & insight
 - Exploration
 - Focus
 - Change and growth
 - Coaching relationship and culture
 - Velocity
 - Completion and 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...

*All content is subject to minor alterations.

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- Motivation
 - Optimism and wellbeing
 - Mindset and resilience
 - Understanding emotions
 - Emotional intelligence
 - Mindfulness and compassion
 - Creativity and play
 - Diversity, equality & inclusion
 - Strengths and values
 - Personality
 - Coaching in the digital era
 - Conclusion and reflection



mentor coaching

For those who aim for ICF accreditation, we offer the necessary additional coach mentoring in form of 7 hours of group mentoring and 3 hours of individual mentoring with a PCC level mentor coach.





**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-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.

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

More details regarding the schedule for 2024/2025 is provided overleaf.



24 classes of 2 hour duration



1 hour homework



1 hour peer coaching
**1 hour additional
peer-coaching (optional)*

course schedule



4 classes of 2 hour duration | Wednesdays 4:30-6:30pm CET/CEST

1 hour homework per lesson | 1 hour peer coaching (optional) | 7 hours group mentoring | 3 hours individual mentoring

Please note that this schedule is preliminary and may be adjusted based on participants' input to ensure the best possible accommodation for everyone.

First Semester

12th March
19th March
26th March
2nd April
9th April
Break (see holidays)
7th May
14th May
21st May
28th May
4th June
11th June
18th June

Second Semester

23rd July
30th July
6th August
13th August
Break (see holidays)
3rd September
10th September
17th September
24th September
1st October
8th October
15th October
22nd October

Group Mentoring

29th October
5th November
12th November
19th November
26th November
3rd December
10th December

Holidays

14th April-25th April
25th June - 16th July
20th August - 27th August

Notes

- For those signing up for the full ICF accreditation course: We provide the required 10 mentoring hours.
- As a Level 1 course, we evaluate one of your recordings as part of your performance evaluation.
- We strongly encourage everyone to take advantage of peer-coaching opportunities outside of the regular homework hours.
- For further details on the requirements to apply for accreditation with the ICF, please visit the [ICF website](#).



certificate and ICF accreditation



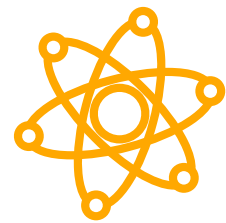
All participants will receive the Science to Skill Coaching Certificate upon completion of the course. For completion you need to participate in the 24 classes including the corresponding 1 hour partnered study between lessons. You may miss up to 2 classes during each part of the coach training, and 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.

This course is accredited as a Level 1 Coaching Education Provider with the International Coaching Federation (ICF). As soon it is complete, all participants who sign up to Package 2 can apply for the ICF credentialing process if they meet all other required criteria.

Certificate of accreditation can be found [here](#).

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.

We can be contacted at team@appliedlife.is.

All priced quoted are exclusive of local tax*



what people say



Marcelle du Plessis

Fundraising & Communications Executive
& Transformational Coach

"The Science to Skill Coaching course proved to be beyond my wildest expectations. I started the course as one person and completed a completely different person with a new outlook on life, people and myself. The course is extremely well equipped with all the tools you need to become an excellent coach and to help people of all diversities become the best selves they wish to be.

I am eternally grateful to the insight this course has given me, how much it has equipped me and how it has made a massive impact on my life. Thank you to Nell for creating and facilitating such an excellent course. I recommend it to anyone who wishes to develop as a person and who wishes to make an impactful difference in the world."

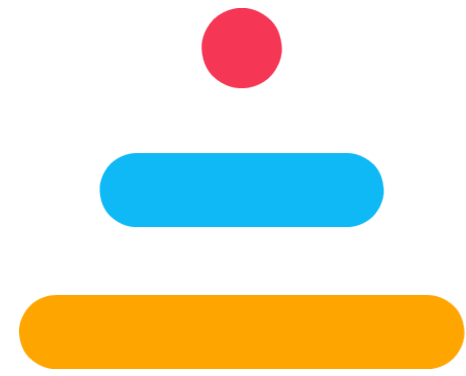


Anne Lasse

Certified Coach | Empowering
Professionals Abroad

"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."



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contact us

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