

Welcome to North Point Academy



"Alive to ourselves.
Awake to others."

Dear Aspiring Coach,

Welcome to North Point Academy. We acknowledge you for taking the first steps towards your Certificate in Professional Coaching. We want to say first and foremost, "Welcome to our community."

Our vision is to build transformational communities of people living from the inside-out. Together, we want to learn to navigate the whole of reality, both what is internal and external, so that we can become awake to ourselves, alive to others. We believe this 'inside-out' change is what creates stability, growth, and enables us all to have a greater impact on the world. This is the Journey that we will be on together over the next months of this course, and beyond.

Brochure

On the following pages, you can read about the following:

- Who should take this programme?
- How will you benefit from this programme?
- Programme Modules

The models and ideas that you can discover on the following pages, and their application, will be explored in more detail during the course. You will gain a greater understanding of these as you learn how to use them and apply them. This is an experiential programme, and the benefits are revealed to you over time as you give attention and practice to, "The Work." So, we invite you to slow down and reflect on the following pages.

Special Note about Course Dates

Please do let us know in advance of any programme start if any of the dates cause you a problem as we may have some flexibility to move these if necessary.

Both the coaching practice group sessions and your mentor sessions can be set at mutually convenient times with the group/your mentor, and they are also a very important part of the course. Where we generally see the biggest transformation in our coaches is where our aspiring coaches have committed to being fully present for all training days and also have completed their homework assignments and practice sessions throughout the course.

Matthew Trenchard
Co-Founder NPA

Sarah Anthony
Co-Founder NPA

The Certificate in Professional Coaching



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In our globalised and complex world that is forever being changed by recent events, it is time to recalibrate the way we interact and empower each other in the blended home and office workspace!

North Point Academy is a community of coaches working to restore individuals, organisations and communities to the greatness for which they were intended. Together we are becoming more alive to ourselves and awake to others. The entrance to this community is the Certificate in Professional Coaching, a.k.a. CPC

Delivered in 6 months via 5 online modules, our online version of the CPC continues produce the transformational impact that our alumni have experienced since the first course in 2016.

The programme is delivered in a blend of lectures facilitation, demonstrations, pair work and feedback, and practice coaching sessions. We place great emphasis on practicing skills taught in each session so the facilitator can give feedback and assistance in a safe environment. Each student is paired with a mentor throughout the course, and beyond, to support your coach development

The programme is accredited by the International Coaching Federation (ICF) and gives students all the tools they need to become fully credentialed coaches. This accreditation is in the form of Approved Coach Specific Training Hours (ACSTH) as show by the badge below.

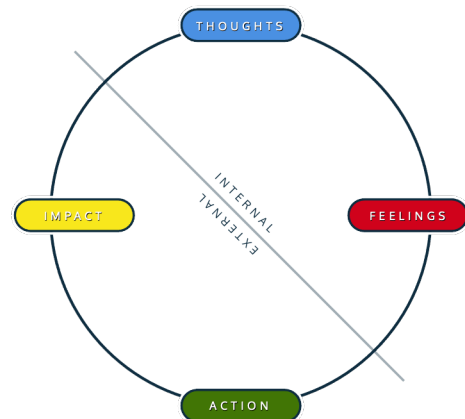


Who should take this programme?

Aspirant coaches – Those who are looking to help others achieve their goals and dreams. The course will equip you with the right tools to do this.

Coaches yet to be credentialed – You have been working as a coach and want to take it to the next level. Find the right tools to help you develop your craft, enhance your offering and get credentialed.

HR professionals – Coaching can provide invaluable skills to HR leaders. Extend your career, inspire your team, clear roadblocks, find greater purpose at work.



Leaders of teams – Gain clarity for your vision. Strengthen your goals by building a grander vision. Inspire and lead yourself and others to achieve greatness.

Seekers for a life that has meaning – You're at a point in life asking, "Is there more to life than this?" You've been climbing a ladder leant against the wrong wall and you're beginning to recognise this.



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How will I benefit from this programme?

Deeper self-awareness – Exploring living from the inside out, leading to increased empathy and ability to connect with others.

Self-Management – Getting to yourself and those around you in a deeper way with better self-governance and greater awareness of when and how to reach out for assistance.

Greater Personal Accountability – New skills to assist others to take ownership of their own situations, find solutions for themselves and hold themselves accountable.

Building authentic human relationships – Real relationships, not just skills for going through the motions.

Engaging in challenging conversations – Knowing that the solution to a problem is on the other side of the conversations that you're not having.

Bridging the gap with clients – Lowering our walls and encouraging others to do the same.



Programme Modules

1. Embark

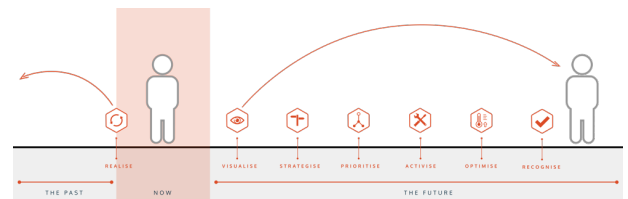
The initial module lays the foundations of the North Point Academy transformational approach and philosophy.

Topics include the definition of coaching, the importance of vulnerability in coaching, worldviews and the North Point Meta-Model, which is the basis of all of NPA coaching.

2. Approach

Here, students will learn the core skills and principles of coaching and begin applying these skills in practical coaching sessions. By the end of the module, students will have coaching tools to develop deeper, more meaningful relationship for being a positive change for the world.

The content includes the conversational skills of coaching, such as active listening and powerful questioning, as well as introducing students to our Goal Creation Process and The Journey coaching model.



3. Traverse Module:

The Traverse Module focuses on the practical skills of taking clients through a set of coaching engagements – the coaching journey - starting with the initial session and finishing with the closing session. Students will also delve into understanding the importance of coaching ethics.

4. Ascend Module:

The intention of this module is to deepen the student's coaching knowledge and practice by exploring values and beliefs and introducing powerful coaching tools to assist us and our clients. These sessions build on the core coaching skills training learned in the previous modules, Coaching Practice Groups and Self-Study that has been completed up to this point.

5. Elevate Module:

The final module prepares students to become North Point Academy Coaches. Students will be able to identify potential niches and tools to empower them to become successful NPA Coaches, wherever they choose to coach.

Graduation Project:

Pro-bono coaching project with a client and submission of a recording for assessment. At this point, students will gain access to the full NPA alumni community.

Find Out More

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