



Aligned Action International

ICF Level 1 and Level 2 Accredited Coaching Education



The [Aligned Action International Coach Training Program](#) is a combination of:

a comprehensive 130.5-hour coach **training** curriculum and
a 10-hour follow up **mentoring**.

We prepare our learners to enter the coaching profession as **certified coaches**.

Our learners include leaders, entrepreneurs, business managers, and support professionals such as consultants, trainers, therapists, freelancers, and in-house experts, driven by a passion for empowering and enabling others.

Our training curriculum provides substantial development opportunities for those eager to unleash their inner coach while adopting a solution-focused and co-creative mindset in both life and work.

About this program (2/2)

The AAI Coach Training Program was created by [Jan Elfline \(MCC\)](#), who has over 30 years of experience as a Master Certified Coach, author, and trainer for numerous international coach training programs in the USA, UK, Denmark, China, and beyond.

In Europe, the program is led by [Veselka Tsocheva-Donkova \(MCC\)](#), a Partner, Senior Trainer and Master Certified Coach at AAI, entrepreneur, and trainer for leaders and teams.

Currently, the AAI program is offered on two continents and is accredited as both - Level 1 and Level 2 ICF Coach Education.

We take pride in our flexible training format, which allows learners to choose a development pace that best suits their needs and learning styles.

Comprehensive, **130.5-hour coach training** curriculum organized in two training courses:

Part 1 – 65 coach specific training hours

Part 2 – 65 coach specific training hours

Additionally, we offer a follow up **coach mentoring** in two formats:

One-on-one (10-hour) coach mentoring (by PCC or MCC mentor)

Group (10.5-hour) coach mentoring for up to 6 people (by PCC or MCC mentor)

Both - our training courses and the follow up mentoring are available in **Bulgarian** and **English**.

Curiosity

Coaching craft and art
Curiosity and presence
Powerful questioning
Intent and integration
The balance wheel

Values

Values elicitation
100%: outcome-frame and values alignment

Action

Your Spotlight
Well-formed outcomes
Internal alignment
Self-sabotaging, commitment and accountability

Co-creation

The arc of the coaching relationship
Foundation appointment (in-take session)
Eliciting resources
Ethics in coaching

Stories and Programs

Active and deep listening
Acknowledgement and direct communication
Leaking power stories
Thought vitamins
As if shifts

Language

Language patterns and deeper experience
Associated and dissociated
Universals, possibilities, necessities
Beliefs language
Logical level clues
Artful ambiguity

Beliefs

Beliefs clusters
Eliciting beliefs
Limiting beliefs
Crafting beliefs
Beliefs audit

Identity

Clues from the past
Style
Looking good or growth
Gremlins
Lost identities

Emotions

Emotions and sub-modalities
State strategies
Fear
Baseline emotional state

Assessment

Criteria
Qualities, talents, gifts
Competencies

Flexibility

Punch reframe: unique blend of direct communication and acknowledgement
Interrupting with purpose
Verbal flexibility: what is presupposed
Speaking from intuition
Mixing up questions

Mind and body

Sense and sensing
Truth in the body
The Wizard of Oz check
Ecology in K
Energy shifts

Choice

Voting with time, money and energy
Choice in building a thought world
Choice in identity and beyond

Vision

Vision in three modalities
Time of day
Vision revision

Strategies

Decision strategies
Building a "NO" muscle
Motivation: away or towards; options or procedures
Chunking and flow
Modeling
Future pace strategy

Perspectives

Perceptual shifts
Parts party
Rich conversations – levels of meaning
A radical perspective on beliefs
Halfs

Interference

Interference outer and inner
Procrastination
Poison playmates

Trustful not-knowing

Not knowing strategy
Metaphor
Image without words; body without words
Tracking synchronicity

Integration

Integration ritual
Impring people
Turning points
Non-coach

Ongoing and incremental

Ongoing assignments
Wisdom
Your job description
Celebration



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Email us at learning@certifyascoach.com or vesselka@vesselka.com

Call Veselka Tsocheva-Donkova, MCC +359888926282