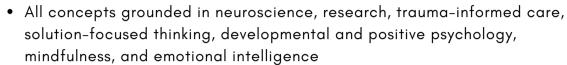
CERTIFIED PROFESSIONAL EMPOWER COACH

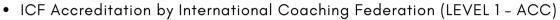
Level One, International Coaching Federation Accredited, ACC Pathway



Why choose Empower Coach Training Academy?

- ICF Certified, deeply knowledgeable, experienced faculty
- Diverse students from all areas of professional experiences and goals
- Integrated into Oregon State University's Professional and Continuing Education Program





- Training program designed for virtual learning includes cohort based work (synchronous) and individual work (asynchronous)
- Built-in support including individual coaching for you, mentor coach requirements, post-program support, instructor office hours, and much more



BEGINS OCTOBER 2025

FOUNDATIONS

The beginning phase focuses on synchronous learning to establish a strong coaching foundation. It includes "Essential Coaching Skills" where students will learn coaching basics, practice models, techniques, and skills, enhancing coaching awareness and mindset. This block is mostly synchronous, with some asynchronous work.

BEGINS JANUARY 2026

CORE COMP INTENSIVE

Welcome to your coach training deep dive – through a blend of synchronous and asynchronous learning, create more advanced coaching skills and awareness as you master the ICF Core Competencies.

Phase Two includes Core Comps One, Two, and Three, partner coaching, being coached by an ICF PCC level coach, and join our monthly Coaching Circles and Mindful Masterclasses. Previous certified coaches pursuing ICF certification may transfer credit into CPEC and join in Block Two.

BEGINS MARCH 2026

MENTOR COACHING & PRACTICUM INTENSIVE

Becoming a professional coach – Level three is mostly asynchronous work – allowing you to fit this training into your life. Work one–on–one with a mentor coach to review your coaching sessions (meeting ICF ACC requirements for testing) and receive individualized feedback. You will complete coaching hours and practice all while continuing to get support through our monthly Coaching Circles and Mindful Masterclasses.







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FOUNDATIONS 2025 Orientation: 10:00-10:45am PST, October 21

Essential Coaching Skills:

10:00am – 3:00pm PST (Lunch, 12 – 1pm) October 23, October 30, November 6

Core Comp Prep: Includes videos and reading

Practicum Coaching: Minimum of three

hours of completed

Coaching Circle

1:30-2:30pm PST November 18, December 16

Mindful MasterClass

8:00–8:30am PST November 19, December 17

CORE COMP INTENSIVE 2026 Orientation: 10:00-10:45am PST, January 8

Core Comp Intensive:

10:00am – 3:00pm PST (Lunch, 12 – 1pm) January 10, January 31, February 21

Empower Coaching Session x 3

Case Study

Coaching Circle

1:30-2:30pm PST January 20, February 17

Mindful MasterClass

8:00–8:30am PST January 21, February 18

Practicum Coaching: Minimum of 12 hours of completed

MENTOR COACHING & PRACTICUM INTENSIVE 2026

Orientation:10:00-10:45am PST, March 9

Mentor Coaching Session x 3

Business Development Panel: 1:30–3:00pm PST April 21

Coaching Circle

1:30-2:30pm PST March 17

Mindful MasterClass

8:00-8:30am PST March 18, April 15

Practicum Coaching: Minimum of 12 hours of completed

Final Coaching Evaluation: April 30

Full Program \$4650

Transfer \$3650







YesEmpower.com 541.210.9952 Tiffany@YesEmpower.com