

# 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
- All concepts grounded in neuroscience, research, trauma-informed care, solution-focused thinking, developmental and positive psychology, mindfulness, and emotional intelligence
- ICF Accreditation by International Coaching Federation (LEVEL 1 - ACC)
- 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

**Coaching Circle**

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

**Core Comp Prep:** Includes videos and reading

**Mindful MasterClass**

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

**Practicum Coaching:** Minimum of three hours of completed

**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

**Coaching Circle**

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

**Empower Coaching Session x 3**

**Mindful MasterClass**

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

**Case Study**

**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**



**Oregon State University**



International  
Coaching  
Federation