



# EmotionShift<sup>®</sup>

## COACHING

### CERTIFICATION PROGRAM

Learn about Coaching Skill & Emotional Skill

หลักสูตรการโค้ชปัญญาทางอารมณ์





EmotionShift<sup>®</sup> Coaching Certification Program is a 2-days experiential workshop approved by International Coaching Federation : ICF USA as one of ICF Continuing Coach Education (CCE) programs for CEO, Leaders, Business Owners, Executive Coaches and Whoever desire to synergize 3 important competencies :

### Core Coaching Competencies

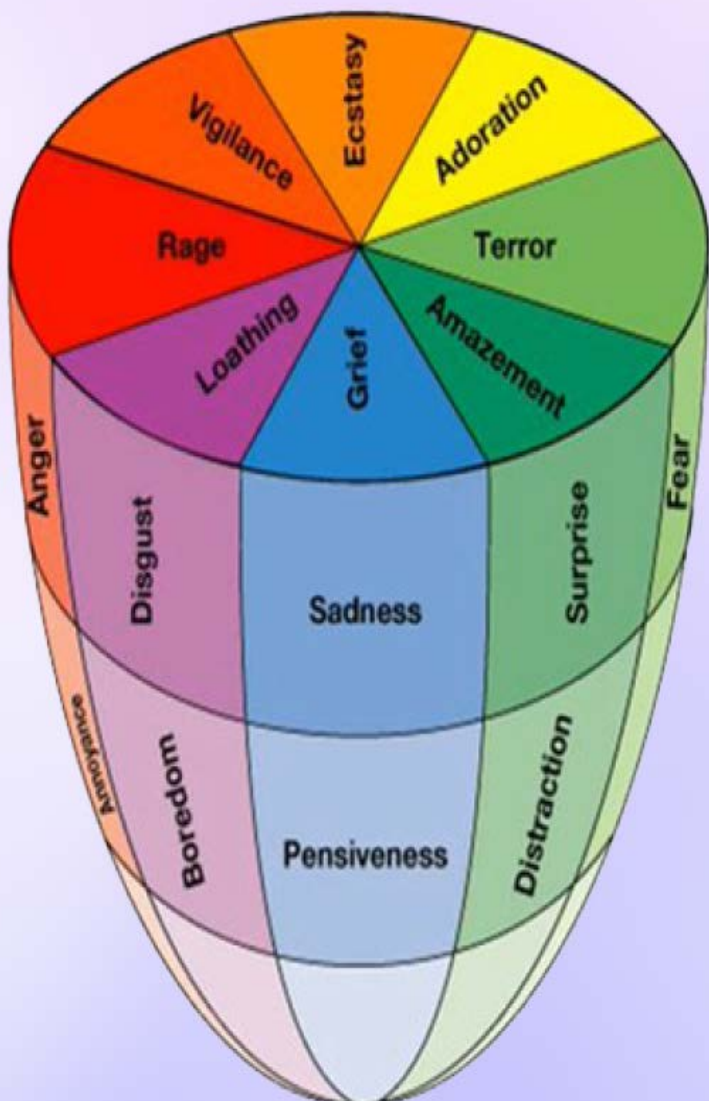
สมรรถนะหลักด้านการโค้ช

### Emotional Intelligence Competencies

สมรรถนะหลักด้านความฉลาดทางอารมณ์

### 7C's Communication Competencies

สมรรถนะหลักด้านการสื่อสารอย่างสร้างสรรค์



This program is uniquely designed for Learners to truly understand the neurosciences and brain functions especially the Emotional Brain which is 20 times faster than the Thinking Brain in order to respond positively --- to perform professionally --- to transform transcendently. In addition, Learners will understand about Plutchik's wheel of emotions, characteristic of emotions, emotion expression and body language which is essential for emotional management. If you want to have a happy life, learning this training program will shift you to that life.



## EmotionShift<sup>®</sup> Coaching Certification Program

EMOTION



Learning by activity, workshop, discussion, practice, feedback and demonstration in class will create insights for Learners on how to apply ICF Coaching Competencies, Six Seconds EI Competencies and Inspiring Communications in their lives. EmotionShift<sup>®</sup> Coaching Certification Program is an essential training program that everyone can learn and grow. Learners who can manage emotions wisely will create good image and good characteristics for themselves which is vital for professional life and personal life. Learners who are professional coaches can become EI Coaches and coach their clients in this challenging dilemma.

This Program is conducted by Coach Dr. Chyapa, ICF PCC Coach with Credentials on EI Practitioner from Six Seconds, USA and NLP Practitioner from ITA, USA.



## Program Objectives

- Understanding about ICF Core Competencies and coaching people effectively.
- Understanding about Neurosciences & Brain Functions and applying for new belief, new attitude and new mindset with ability in managing emotions positively.
- Understanding about Six Seconds Emotional Intelligence Competencies and creating charismatic outlooks.
- Understanding about Positive Psychology & Ikigai and pursuing noble goals.
- Understanding about 7C's Communication Competencies and building trust with people.

## Who should attend ?

CEO, Leaders, Business Owners, Executive Coaches, Trainers and Whoever desire to develop themselves on their wisdom of emotions with ability in shifting themselves for their best.





## **4 Pillars of Coaching Competencies**

### **A. Foundation**

- 1. Demonstrates Ethical Practices**
- 2. Embodies a Coaching Mindset**

### **B. Co-creating the Relationship**

- 3. Establishes and Maintains Agreements**
- 4. Cultivates Trust and Safety**
- 5. Maintains Presence**

### **C. Communicating Effectively**

- 6. Listens Actively**
- 7. Evokes Awareness**

### **D. Cultivating Learning and Growth**

- 8. Facilitates Client Growth**

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### CERTIFICATION PROGRAM

## หลักสูตรการโค้ชปัญญาทางอารมณ์

### Program Outlines

#### Day 1

- Coaching Definition, Coaching Strategy and ICF Core Coaching Competencies.
- Coaching Model, Coaching Mindset, Coaching Focus and Value of Coaching.
- Neuroscience and Brain Functions, Inspirational Coaching, Emotional Expression and Body Language.
- Quadrant of Emotional Intelligence :
  - Personal Competencies
  - Social Competencies
- Six Seconds Emotional Intelligence Competencies.
- Activities in Self-Exploration, Perception, Powerful Question, Coaching Practice, Coaching Demonstration.

#### Day 2

- Positive Psychology & Ikigai Principle, Self-Exploration and Noble Goals with Leaders' Traits and Characteristics.
- Applying ICF Core Coaching Competencies.
  - Active Listening
  - Powerful Questioning
- 7C's Communication Competencies.
- Group Coaching & Team Coaching.
- Feedback and Feed Forward.
- Creating a Coaching Culture.
- Coaching Tools and Coaching Games.
- Follow-Up Model, Coaching Practice, Coaching Demonstration.



## Program Outcomes

- Applying new insights for self-exploration with clarity in life purposes.
- Coaching people with the right mindset and technics for positive outcomes.
- Exercising emotions wisely for charismatic outlooks.
- Inspiring people with powerful communications.

## Learning Method

Learning by lecturing, discussing, debriefing, brainstorming, feedback and feed forwarding, practicing and demonstrating in real case study will create insights for learners on how to apply theory to practice for desired outcomes.

This 2-days experiential workshop with fun and flourishing knowledge is designed for Learners who will totally shift themselves to the next level of fulfilled lives.



# Executive Coach & Trainer

Coach KC : Dr. Chyapa Bhiromnam

Founder and Director : CoachPlus Academy

Credentialed Coach from global leading institutes

## Credentials



- Professional Certified Coach (PCC) International Coaching Federation, USA
- Certified Executive Coach : MGSCC : Marshall Goldsmith, USA
- Certified Team Coach : Marshall Goldsmith, USA
- EQ Coach, EQ Assessor, Brain Profile : Six Seconds, USA
- Career & Executive Coach : Goal Imagery Institute, USA
- NLP Coach : International Trainers Academy of NLP, USA
- Enneagram Coach : Thailand Coaching Institute
- Success Coach : Michael Bolduc International, USA
- Consultant : Core Values & Corporate Culture : CEO Sage, USA
- Search Inside Yourself : Search Inside Yourself Leadership Institute, USA
- Unleash The Power Within 2561 : Tony Robbins – World # 1 Coach, USA
- Introduction of Psychology : Yale Institute, USA
- Conflict Transformation : King Prajadhipok's Institute
- Professional Coach Certification Program : TCI
- Brain-Based Coaching : TCI
- Positive Psychology Coaching : TCI
- Group Coaching and Team Coaching : TCI
- Creating A Strong Coaching Culture : TCI

## President

ICF Bangkok Charter Chapter : Year 2019



**CoachPlus Academy : Academy of Inspiration**

สถาบันโค้ชพลัส : สถาบันแห่งการสร้างแรงบันดาลใจ

**Mission : Transforming People For Their Best**

**We provide a turnkey solution for People Development**

**Coaching – Mentoring – Training – Consulting**



**CoachPlus  
Academy**

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