

Start a Fulfilling & Profitable Coaching Career

Established in Vancouver, BC in 2009 the FLOW Coaching Institute has helped more than +50,000 individuals and Fortune 1000 companies around the world to transform their lives, performance, and cultures forever.

Accredited by



Create the Life of Your Dreams!

Have the freedom to manage your own time

Having your coaching career means you have the flexibility to manage your own time, priorities, relationships, business and clients.

Leave a legacy

The fulfillment you find in helping other people reach their meaningful goals will expand into every area of your life.

Start earning what you deserve

Being a coach awards you the joy of financial success.

Follow your passion

Being a coach will help conquer your fear of failure and will equip you with skills that help you to reach your goals day by day.

A woman with short grey hair, smiling and looking upwards, wearing a dark blazer over a light-colored shirt. The background is a soft, out-of-focus indoor setting.

Become a confident and competent coach with our exclusive **Flow Coach Method.**

The exclusive Flow Coach Method is comprised of five Modules and a final supervised practicum that show you how to integrate the lessons from the Modules into your coaching practice. The Modules provide step-by-step teachings to help you learn the skills required to **become a successful coach, develop your ability to problem solve, and come up with the creative solutions.**

Module 1: **Awareness**

Module 2: **Motivaton**

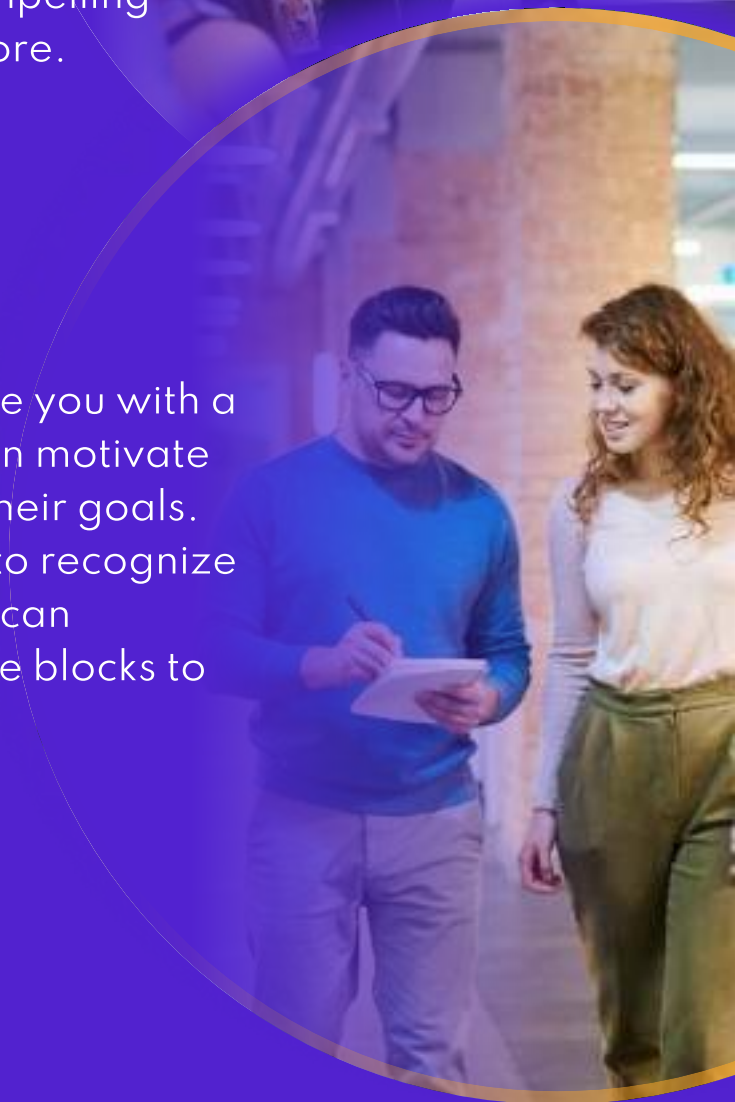
Module 1: Awareness

This Module will train you in the foundational theory and practice of coaching.

You will learn the critical elements of coaching, as noted by the International Coaching Federation (ICF): ethics and principles, building trust and intimacy, establishing agreement, effective goal setting, creating compelling futures, creative questions, and more.

Module 2: Motivaton

The Motivation Module will provide you with a deeper understanding how you can motivate and inspire your clients to realise their goals. During this Module, you will learn to recognize your clients' internal blocks so you can encourage them to overcome these blocks to achieve success.

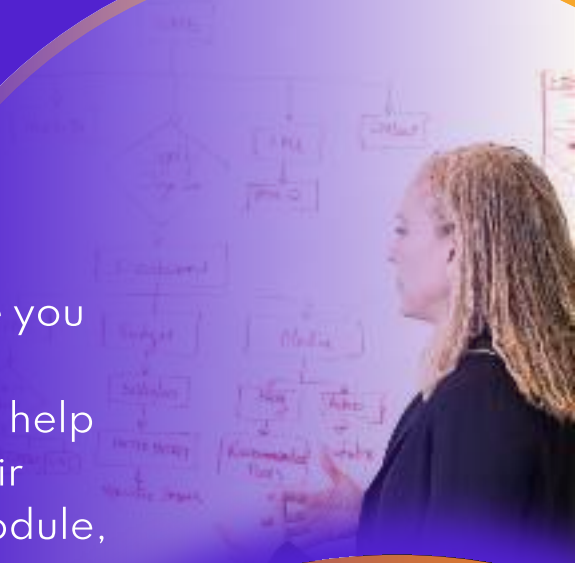


Module 3: Creative Planning

The Creative Planning Module will provide you with the tools to go deeper into the FLOW Coach Methodology. You will learn how to help your clients design solutions to achieve their personal and professional goals. In this Module, theory and practice are integrated using advanced creative tools and strategies.

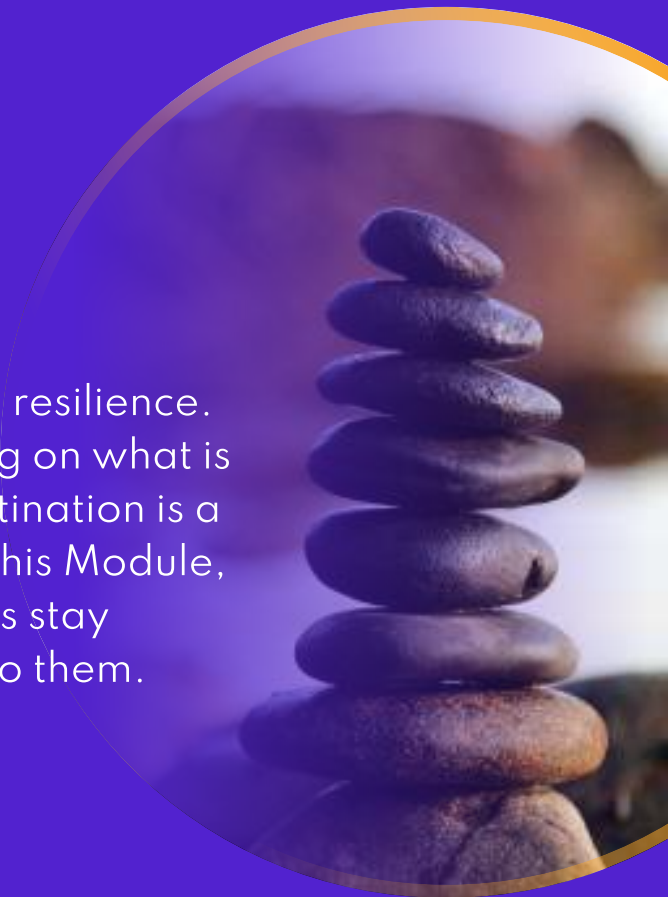
Module 4: Achievement

The Achievement Module will enhance your coaching skills to help you support your clients as they move towards achieving sustainable results. You will learn how to help your clients refine their visions and goals, and project their achievements.



Module 5: Focus

The Focus Module is about focus and resilience. Many people have problems focusing on what is truly important to them, and procrastination is a common challenge to overcome. In this Module, you will learn how to help your clients stay focused on what is truly meaningful to them.



SHARE YOUR SUCCESS

FLOW Digital Badge Program



Students who **complete five modules of the Core Foundations ICF Certification course** will receive their badge as FCC (FLOW Certified Coach).



Students who **complete five modules of the Business Coaching Certification course** will receive their badge as FCBC (FLOW Certified Business Coach).



Students who **complete six modules of the ALL-INCLUSIVE ADVANCED ICF 125 hours ACTP Certification** will receive their badge as FCPC (FLOW Certified Professional Coach).

Module 6: Path to Mastery

Practicum and Supervision

In the Practicum and Supervision Module, you will apply everything that you've learned in real life situations and build the confidence you need to become a successful professional coach.

- Practicum classes,
- Supervised coaching sessions and feedback
- Mentor coaching sessions that will allow you to confidently move towards your ICF credentialing,
- Oral coaching assessment completed following the classes and mentor coaching sessions.

Supervised coaching sessions are an important part of the practicum classes. We encourage our students to build their own coaching practice using a variety of strategies.

As part of your classroom teaching, there will be peer-coaching.

Mentor coaching sessions allow student coaches to align their coaching skills with ICF competencies. Through mentor coaching sessions, students get detailed feedback on their coaching skills based on each ICF competency.



What you get when you join the Flow Coaching Institute

- Flow Institute is the only Coach Training Program that provides a **method specific Professional Certification upon completion of the 5 core modules.**
- **A holistic approach** to multidimensional coaching.
- **Positive psychology, Creative Therapies** and **Brain Research** resources integrated into the Flow coaching method.
- Learning to coach **the mind-body-heart of the 'whole person'**
- Becoming a member of The International Flow Professional Coaching Community.
- Receive your digital certificate with ICF certification upon completion of this course.
- Gain your digital badge to share your achievement with your network on social media and add it to your e-mail signature.
- Free course e-book.
- Online live curriculum and mentoring give you access to ICF credentialed senior mentor coaches.

"Enrolling in the Life Coaching Certificate offered at Flow Coaching Institute has been a life changing experience for me; a transformative journey of self awareness and personal growth."

Soha Shuheibar
FLOW Core Foundations Alumni Coach

"Now with more coaching hours and customers I learn to appreciate your coaching style and training that helped to unleash the ability to hear to what is not being said. Getting to know you had a big impact on my personal and professional life."

Niv Chen
FLOW Core Foundations and ACTP Alumni Coach

"The learnings and methodologies from this Flow course will always be at my fingertips and will become an invaluable asset to who I am and what I do in this life."

Chrystine Somerville
FLOW Business Coaching and ACTP Alumni Coach

"It did make me mindful once again of how much each of you has impacted me. I enjoyed the course so much! The learning was great. The resources are so helpful."

Ed Rowell
FLOW ACTP Alumni

Accredited by

