

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 forever. Their lives, performance, and cultures

Accredited by



Unlock Your Potential: Where Flow Meets Productivity, Focus, and Happiness!

ICF Level 1 and Level 2 Certification

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.

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

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.



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:
Motivation

Module 3:
Creative Planning

Module 4:
Achievement

Module 5:
Focus





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: Motivation

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

S U C C E S S



Students who **complete five modules of the Flow Coaching Core Foundations (Module 1-5) ICF Level 1/Level 2 Certification Training course** will receive their badge as FCC (FLOW Certified Coach).



Students who **complete five modules of the Flow Business Coaching (Module 1-5) ICF Level 1/Level 2 Certification Training course** will receive their badge as FCBC (FLOW Certified Business Coach).



Students who **complete six modules of the ICF LEVEL 2 All-Inclusive Advanced Flow Coaching Certification** will receive their badge as FCPC (FLOW Certified Professional Coach).



Module 6: Path to Mastery

Level 2 Certification

ICF Level 2 Certification Track

ICF Level 2 Certification Track Leading to ICF ACC & PCC Credentials

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.

- 125 ICF Certification hours (Modules 1-6)
- 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.



ADVANCED ALL-INCLUSIVE ICF CERTIFICATION

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. All components of the Practicum and Supervision Module must be completed within one year of starting the Module.



Level 1 Certification

ICF Level 1 Certification Track

ICF Level 1 Certification Track Leading to ICF ACC Credentials

The ICF LEVEL 1 FLOW Coaching Certification Track is a comprehensive certification program that leads you to the ICF ACC designation. This track covers all the mandatory components that provides you with:

- **71 ICF certification hours,**
- **10 individual mentoring sessions and oral performance evaluation to become an accredited ICF ACC Coach.**
- **The program also certifies you as a FLOW Certified Coach.**

The 5 Modules within this track ICF Accredited certification program is designed to teach to coach the whole person on multiple levels, including mental, emotional, relational, professional, personal, physical, spiritual, and cultural.

The curriculum provides a deep understanding of the psychology behind what brings flow to individuals and organizations and how we can maintain it.

Upon completion of the ICF LEVEL 1 Certification Track, we provide our participants with 71 ICF training hours. During the course, participants learn about how to demonstrate the foundations of professional coaching best while acquiring the core skills and competencies of coaching, including deep listening, creative questioning, coaching through motivational levels, verbal communication skills of effective coaching, FLOW psychology, and positive coaching change tunnel and beyond. This program is life changing as we teach how to become a competent professional coach and life skills transformational on the personal and organizational levels.

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.

Accredited by



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



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 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



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