



Become a certified coach
**UNIQUE TRAINING NOW AVAILABLE
IN FINLAND! Helsinki in Sept-Oct 2026**



INTERNATIONAL CERTIFIED COACH

Coaching skills help people and organisations to develop and achieve lasting results

With professional coaching skills, you can help others to:

- make better decisions and set clearer goals and direction
- build stronger and more committed teams
- strengthen trust, accountability and psychological safety
- inspire creativity, action and sustainable change
- identify and change limiting systems and patterns
- prevent, manage and resolve conflicts constructively
- enhance health, well-being, relationships and high performance

These skills can also be integrated into modern leadership that makes a real difference on a personal and organisational level.

PROGRAMME BENEFITS

A world-class coaching programme – a global coaching concept

Tried and tested by over 15,000 coaches in 78 countries worldwide. A powerful and flexible methodology that combines several models and philosophies. Works at both national and international levels.

Flexible formats – choose what suits you

The training is delivered as an intensive course with face-to-face sessions and is also offered in several modules and at various locations.

Part of an international coaching network

As a participant, you will become part of a strong international network for further development, support and in-depth knowledge of coaching.

QUALITY-ASSURED PROGRAMME

The programme is internationally recognised and has been awarded the European Quality Award (EQA) by the European Coaching and Mentoring Council.



WHO IS THIS COURSE FOR?

This course is suitable for you if you are:

- a manager, leader or working in HR
- a business, career or personal coach looking to develop further
- a therapist, educator or project manager
- an entrepreneur, consultant or working in health and development
- a team leader or team developer

WHAT WILL YOU GAIN ON COMPLETION OF THE COURSE?

- a solid foundation and structure for working professionally as a coach
- practical tools to strengthen your existing professional role
- confidence in your coaching skills and methodology
- the opportunity to become certified by both the ICC and the ICF
- **BONUS!** Skills in Integrated Mental Training and Self-Leadership



COURSE STRUCTURE

Preparation, practical training and certification The programme is designed to be undertaken alongside work, study or other commitments. Participants are guided through a structured and individually tailored process that enables the continuous application of course elements in everyday life.

At your own pace – up to 6 months to complete the certification

The programme comprises a total of 60 teacher-led hours on-site, as well as a personal self-coaching project, assignments and the delivery of coaching to clients during the training period and certification.

SELECTED COURSE CONTENT

You will learn, among other things:

- build secure relationships and trusting collaboration
- asking powerful questions that create insight and momentum
- giving and receiving feedback professionally
- create effective action plans and sustainable results
- lead and drive positive change
- help clients manage conflicts and challenges
- set clear goals in line with values
- help clients develop strategies and resources
- conduct effective coaching sessions and processes
- assign and follow up on tasks in a constructive manner
- identify and manage mental blocks
- develop and market your coaching business
- work ethically with clear guidelines
- master presence and the different levels of listening
- identify and change limiting beliefs
- develop your own authentic coaching style
- achieve maximum change with the minimum possible resources



*Internationally
Certified Coach
Trainer*

LISA VALLIN, Head Coach

ICC coach, speaker and trainer with over 20 years' experience in coaching and personal development. Specialist in mental training, communication, health, leadership and team development.

Has carried out assignments across a wide range of industries, helping individuals, leaders and organisations to achieve peak performance, develop high-performing teams, improve business results, and enhance well-being and job satisfaction.



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LARS-ERIC UNESTÅHL, Guest Trainer

Ph.D. in Psychology, internationally recognised pioneer in mental training and performance psychology. Founder of Integrated Mental Training. Has had a major influence on the development of modern coaching worldwide.

FOR REGISTRATION AND INFORMATION

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COURSE DETAILS

Course Modul 1:	14-17 September 2026	Prerequisites:	None; this is ICC Level 1 (basic course)
Course Modul 2:	12-15 October 2026	Course format:	Intensive course, live training, online follow-up
Course duration:	8 days + certification within 6 months	Course language:	English
Course location:	Helsinki	Course materials:	English and Finnish
Address:	in the centre of the city	Additional costs:	Travel, board and lodging are booked separately, and ICF certification if you wish to obtain it
Investment:	€3,500 excl. VAT €4,340 incl. VAT	Head coach:	Lisa Vallin
Included in the price:	ICC certification, course materials, ICC membership, morning/afternoon refreshments, post-course guidance	Guest coach:	Lars-Eric Uneståhl
		Assistant coach:	an ICC educated coach



EMCC European
Quality Award

