



The Birth of a Coach

ICF LEVEL 1 COACHING EDUCATION

EVOLUTION COACHING ACADEMY

Leading to ICF ACC Associate Certified Coach Credential
Program Accredited by International Coach Federation



2024 DETAILED PROGRAM PRESENTATION

About Evolution Coaching Academy

Evolution Coaching Academy is an ICF Level 2 and Level 1 Accredited Coaching Education Provider. We offer comprehensive coach training programs that are accredited by the International Coach Federation as Level 1, Level 2, ACTP and ACSTH.

The programs offer comprehensive education, training and mentor coaching in the Core Coaching Competences and Code of Ethics as defined by the ICF. The programs prepare the participants for conducting a trustworthy and grounded coaching practice, and for obtaining the ICF internationally renowned coach accreditation at Associate Certified Coach (ACC) and Professional Certified Coach (PCC) levels.

This is a reference to the ICF Accredited Education Program Listing on the ICF website:

[ICF Education Search Service](#)

We adhere to the ICF's Program Accreditation Code of Conduct.

[ICF Program Accreditation Code of Conduct](#)

Our Instructors, Mentors, Supervisors and Examiners are practicing ICF credentialed coaches complying with the ICF Code of Ethics.

[ICF Code of Ethics](#)

We adhere to the ICF's Program Accreditation Code of Conduct. Our Instructors, Mentors, Supervisors and Examiners are practicing ICF Accredited Coaches complying to the ICF Code of Ethics.

Evolution Coaching Academy is grounded in a holistic philosophy of empowerment, collaboration and evolution of life. For us, individuals, relationships, teams and organisations are living organisms. We facilitate our client's journey towards feeling empowered, clearer about their purpose and direction, recognising that their experiences serve them as valuable learning through which they evolve in the spiral of life on our planet.

The coach training, mentoring and supervising programs are intended for people with an open heart, who feel the calling of the coaching profession and who want to work with other people to support them in their growth and evolution.

We provide coaching services that adhere to ICF ethics and standards, in the areas of individual, relationship, team and organisation needs. We support organisations to apply those services in a valuable, ecological and sustainable way for themselves, their people, the environment and partners in their journey. Our services are delivered in one-to-one, relationships of two and group (3-100) formats.

We complement our coaching expertise with holistic organisation management, leadership and sustainable collaboration competencies. We have created a number of our own development models that we share in our training programs, consultancy and mentor coaching.

Everything we provide is grounded in the philosophy described above. Our coach training, supervision and mentor coaching programs combine the art, ethics, competencies and standards outlined by the ICF. We apply the knowledge and experience of the fields clients most often choose to evolve in, as individuals, as partners in a relationship and as members of teams or communities.

The Birth of a Coach

Overview

The Birth of a Coach is intended for people with an open heart, who wish to support others in their evolution with coaching competences. We welcome a breadth of people who plan to conduct an independent coaching practice or become an organisation's internal coach, or seek to complement their professional career, for example in a leadership role, and seek to obtain International Coaching Federation (ICF) credential.

During the program the participants will develop a credible foundation to begin a coaching practice in a grounded way. The program provides all formal elements of education required by the ICF at Level 1 and prepares the participant for the ICF coach credential at Associate Certified Coach (ACC) level.

The curriculum includes the transfer of knowledge, development of practical skills in accordance with the 8 Core Coaching Competencies defined by the ICF, as well as creating the approach, orientation and values, which are the qualities of a professional coach and are aligned with the ICF Coach Ethical Code.

Our learning philosophy supports a deepening and integrating of the competences developed during one module throughout the subsequent modules. The participant practices their coaching skills from the very beginning, drawing from the foundation of acquired knowledge and skills with the support of the instructor's observation and comprehensive feedback. We follow a model of 20% theory and 80% practice, exercises, tools, demos, observation and feedback.

During each group module we apply four dimensions of learning:

1. Context of coaching: transfer of knowledge, theory, introduction
2. Developing 8 ICF Core Coaching Competences
3. Understanding and deepening elements of the Coaching Process
4. The Coach's Personal Development

The Birth of a Coach includes 72 Contact Hours of ICF Accredited Coaching Education required to apply for the ICF ACC credential. That is inclusive of:

Coach Specific Training

- 4 group modules taking place every 4-8 weeks, in total 12 days x 5 hours of synchronous (live and in person, real time interaction with the educator and other participants) group training
- 3 one-to-one 'observed coaching sessions' for each participant. These are the participant's coaching sessions with their clients that are audio recorded and evaluated by the instructor, verbally and in writing, in reference to the 8 ICF Core Coaching Competencies at ICF ACC level to forward the learning and development of the participants
- Between the modules the participants ground their learning and skills through practice with their clients, and with one another.

Mentor Coaching

- 7 hours of synchronous Mentor Coaching live and in person, face-to-face sessions in a group of max. 10 participants and
- 3 one-to-one 1h 'mentor coaching sessions' for each participant with the educator

ICF ACC Performance Evaluation

- Evolution Coaching Academy is authorised by the ICF to conduct this oral part of ICF the ACC Exam. The participant will be invited to take the exam once they have completed Training and Mentor Coaching.

The Birth of a Coach and ICF ACC Accreditation Process

The Birth of a Coach Level 1 consists of all educational elements required by the ICF to apply for ICF PCC (Professional Certified Coach) in all credential paths.

ICF Minimum Requirements for Associate Certified Coach (ACC) credential application via Level 1 Path are:

- Level 1 ICF Accredited Coaching Education Certificate from completing our course
- The coach's personal 'Coaching Log' documenting 100 hours of coaching experience (75 of which need to be paid) with at least 8 different clients. The hours are counted from the start of our coach-specific training which is ICF accredited as Level 1.

Graduates of The Birth of a Coach receive ICF Level 1 ICF Accredited Coaching Education Certificate

This way the graduate of The Birth of a Coach fulfils all the ICF education requirements to apply for the ACC Credential via the Level 1 Path.

More information about the ICF ACC credentialing process can be found by contacting us or on the ICF Website:

<https://coachingfederation.org/credentials-and-standards/credentials-paths/acc-credential>

Level 1 and 2 Intuitive Coach Overview

Evolution Coaching Academy offers Level 1 and Level 2 ICF Accredited Coaching Education.

Level 2 Intuitive Coach includes 140 Contact Hours and consists of two stand-alone programs:

Level 1 The Birth of a Coach for applicants for ICF Associate Certified Coach (ACC) Credential

This ICF Accredited Level 1 Coaching Education is taught at 'beginner' to 'intermediate' coaching competency level. It is intended for participants starting their journey of learning coaching competencies. The Birth of a Coach provides a foundation for the participant to start a coaching practice in line with ICF standards in the following areas: leadership, relationship, team and organisation. The program and the participation fee are inclusive of:

- 60 hours of Coach Training delivered synchronously in real time interaction between the participants and educators
- 7 hours of Mentor Coaching delivered synchronously in real time interaction between the participants and educators
- 3 hours of one-to-one Mentor Coaching sessions for each participant
- 3 one-to-one Observed Sessions. Each participant can audio-record 3 of their coaching sessions with their clients, upon which the educator provides in a one-to-one setting, an oral and written feedback on 8 ICF Core Competencies according to the ICF ACC level examination standards.
- ACC Performance Evaluation. The program is authorised by the ICF to conduct this oral part of ICF ACC Exam.

The graduate of The Birth of Coach receives an ICF Level 1 Coaching Education Certificate.

Graduates of The Birth of a Coach can afterwards either:

1. Apply for the ACC credential via Level 1 ICF Path or
2. Go to ICF Level 2 Intuitive Coach. This way the graduate will become eligible to apply directly for the ICF PCC credential via Level 2 Path.

Level 2 Intuitive Coach for applicants for the ICF Professional Certified Coach (PCC) Credential

This ICF Level 2 Accredited Coaching Education is taught at an advanced coaching competency level. The training experience is grounded in the participant's deep personal development, eliciting their intuitive potential for co-creating with the client. The participant is introduced to supporting the client holistically in variety aspects of their existence as part of the human world as well as the Earth living system. The program offers new awareness about the participant's vocation.

Level 2 Intuitive Coach is intended for experienced coaches with a foundation of a prior 350 hours or more of coaching practice and 60 hours or more of coach specific training. This can include the graduates of The Birth of a Coach as well as graduates of a variety of coaching programs delivered by other schools. This way we provide a wide range of practicing coaches with an accreditation eligibility directly at the ICF PCC level. The program and the participation fee are inclusive of:

- 45 hours of Coach Training delivered synchronously in real time interaction between the participants and educators
- 7 hours of Mentor Coaching delivered synchronously in real time interaction between the participants and educators
- 3 hours of one-to-one Mentor Coaching sessions for each participant
- 3 one-to-one Observed Sessions. Each participant can audio-record 3 of their coaching sessions with their clients, upon which the instructor provides in a one-to-one setting, an oral and written feedback on the 8 ICF Core Competencies according to the ICF PCC level examination standards.
- PCC Performance Evaluation. Evolution Coaching Academy is authorised by the ICF to conduct this oral part of the ICF PCC Exam.

The graduate of the Intuitive Coach receives an ICF Level 2 Coaching Education Certificate.

ICF Level 2 Certificate entitles the graduate to apply for the ICF PCC credential via the Level 2 Path, without a need to prior applying for the ACC credential.

The Birth of a Coach Level 1 Schedule

Dates of Group Learning:

1 Module	31 October - 02 November 2024	2 days x 4 hours 1 day x 7h	17:00 - 21:00
2 Module	05 - 07 December 2024	2 days x 4 hours 1 day x 7h	(Thr and Fri)
3 Module	23 - 25 January 2025	2 days x 4 hours 1 day x 7h	10:00-17:00
4 Module	20 - 22 February 2025	2 days x 4 hours 1 day x 7h	(Sat)
Group Mentor Coaching:	20 - 21 March 2025	2 days x 3.5 hours	17.00 - 20.30

ICF ACC Performance Evaluation results: from 1 June 2025

Education Delivery Platform: In person

Time Zone: CET



COACHING ESSENCE

1st Module of The Birth of a Coach

THE ESSENCE OF COACHING - understanding the meaning, power and potential of this type of facilitation in the development of every human being.

There is a desire for excellence in many of us. Change does not always come easily. With the coaching tools, one can go through the process of changing in harmony with self, effectively and successfully. In this module, each participant will have the opportunity to learn and practice the necessary and useful knowledge, skills and attitudes grounded in coaching fundamentals, ICF Code of Ethics and 8 Core Coaching Competencies.

Content of this Module:

- Context of coaching - transfer of knowledge, theory, introduction:
 1. What is coaching and what is not?
 2. Getting acquainted with the ICF Code of Ethics and deciding whether to follow it or not.
- Developing 8 ICF Core Coaching Competencies:

Introduction of the first, fundamental coaching competencies:

 1. Creating trust, intention, genuine care
 2. Coaching presence, curiosity, listening
 3. Creating coaching agreement: goal, scope, measures of success and the role of the coach in the process.
- Understanding and deepening elements of the Coaching Process:
 1. Structure of a one-to-one coaching session.
- Coach's Personal Development:
 1. Being here and now
 2. What is the purpose of learning the coaching competencies?



Logistics:

- 2 days x 4 hours 1 day x 7h of group training in person

After the module:

- Participant's coaching practice
- One-to one observed coaching session with the instructor via Zoom
- Observed coaching session in triads with other participants

CLIENT THE LEADER

2nd Module of The Birth of a Coach

CLIENT THE LEADER – empowerment, the client learns to access and apply intuition, heart, wisdom and power.

Our approach assumes that everyone is a leader of their life and has access to everything they need in achieving their true intentions. It is also the foundation of coaching as defined by the ICF. What we are experiencing is the result of our creation and our choices. During the many years of coaching practice we facilitated the broadening of our client's understanding in what they really intend and desire, and the application of their true excellence in forwarding that awareness into active engagement with life. This would not be possible if we had not approached the client holistically, as a coherent whole. For us, each client is a self-differentiating being (body, mind and soul), operating in a particular environment, with a range of relationships that they create with their intentions, talents, values, habits and needs. That is why we pay attention to the client's system of beliefs and views, habits of thinking and acting, system of values, sense of identity and true intentions. Such an approach is an underlying foundation of teaching coaching competences in the 2nd Module of The Birth of a Coach.

This Module is an opening and exploration of the client's awareness. It broadens understanding of the meaning of coaching within the context of the client's empowerment: understanding of self, trusting self and taking responsibility for own actions and life. It is also a journey of discovery and development of the coach's personal potential in order to becoming an authentic partner for their clients in their outward leadership, grounded inwards.

Content of this Module:

- Context of coaching - the transfer of knowledge, theory, introduction:
 1. The client - the expert, leader and architect of their abundant life
 2. A holistic being in an alignment
 3. Evolution of the client as a whole in the coaching process.
- Developing 8 ICF Core Coaching Competences:

Opening and exploration of the client's awareness; their true intentions, needs and desires, talents, uniqueness, experience, learning, perceptions, available opportunities and preferred solutions.

 1. Developing the client's access to intuition
 2. Trusting the client, openness to the client's world, their otherness, their intentions, goals and choices
 3. Deep listening: multilevel, active and caring
 4. Powerful questioning reaching the heart and reason, unfolding the essence and truth relevant for the client
 5. Honouring and empowering the client.
- Understanding and deepening elements of the Coaching Process:
 1. Phases of the client's development in the coaching process.
- Coach's Personal Development:
 1. Honesty with self and self acceptance
 2. My identity as a coach.

Logistics:

- 2 days x 4 hours 1 day x 7h of group training in person

After the module:

- Participant's coaching practice
- One-to one observed coaching session with the instructor via Zoom
- Observed coaching session in triads with other participants



CLIENT IN A RELATIONSHIP

3rd Module of The Birth of a Coach

CLIENT IN A RELATIONSHIP – client develops their relationships on a foundation of partnership, trust and sustainable values

Engaging in relationships is an indispensable need for most of us, an important part of our lives, a source of joy and fulfilment.

It is also a competence, a practical skill that allows us to function in our family, work, community, society and planet life. By engaging in relationships, we often subconsciously meet our fundamental needs, self-realise professionally and in life as a whole, we give and receive, support and help others, are supported and helped.

Relationships are often an important area for clients who intend to enhance their life at work, their personal lives and as members of our planet. Therefore, in this module we will explore creating relationship, and challenges related to being in relationship in a sustainable way. We will share our approach to a partnership and encourage the participants to create their own.

Coaching in the area of the client's relationships is intended to transform the experience of crisis into an opportunity to learn and evolve, where the client accesses their inner self, intuition, wisdom; perceiving their capabilities and sphere of influence, and a way to dialogue.

This module will also focus on summarising the coaching session, grounding the client's awareness and forwarding the client's learning to their everyday life.

Content of this Module:

- Context of coaching - transfer of knowledge, theory, introduction:
 1. Exploring the meaning of a relationship
 2. Perspectives, roles, and signals in a relationship
 3. Introducing system coaching fundamentals
 4. Introducing environmental coaching.
- Developing 8 ICF Core Coaching Competences:
 - Coaching tools supporting the client in their relationships
 - Forwarding the client's learning during the coaching session to their evolution in every day life:
 1. Summarising the session - collecting fruits: learning, application, and the client's commitment to self
 2. Designing actions that supports the client's sustainable evolution and progress towards their intention and goal.
- Understanding and deepening elements of the Coaching Process:
 1. Exploring the system in which the client operates and its impact on the client's transformation process.
- Coach's Personal Development:
 1. Courage to be one's authentic self in relationship with a coaching client.



Logistics:

- 2 days x 4 hours 1 day x 7h of group training in person

After the module:

- Participant's coaching practice
- One-to one observed coaching session with the instructor via Zoom
- Observed coaching session in triads with other participants

CLIENT IN A TEAM

4th Module of The Birth of a Coach

CLIENT IN A TEAM, meaning a client's development in the system in which they operate as well as a development of a client that is a system. Intention for a sustainable, self-organising team, combining synergy of collaboration with a sense of fulfilment, empowerment and joy.

When the scope of the coaching is a client in their professional environment, family or other community, it may occur that the coaching client is the system in which our client operates. It is worth being able to notice the difference and to be able to apply the coaching skills with the client in relation to the system as well as in terms of the client being the system itself.

CLIENT IN A TEAM Module is an introduction to a team coaching. Here, a system is the client. The actions of a coach are directed to facilitate the team revealing to itself, unfolding and applying the team potential, creating awareness, collaboration and synergy whilst progressing towards achieving its goals in a sustainable and ecological way.

The participants will also be introduced to a model of a systematic and strategic support for the organisation in its evolution towards becoming an eco-business, utilising coaching tools.

The differences between life and business coaching will be explored as well as the differences in contracting coaching when the process includes a Sponsor apart from the Coachee and the Coach.

Content of this Module:

- Context of coaching - the transfer of knowledge, theory, introduction:
 1. System coaching: the client in a system, the system as a client
 2. From a group to a team
 3. Complexity of living systems - environmental coaching perspective.
- Developing 8 ICF Core Coaching Competences:
 1. Coach shares their observation: summarises, reflects, paraphrases, shares their intuition
 2. Coach explores the client's learning style and adapts the way of conducting the session accordingly
 3. Introducing ICF Team Coaching competencies.
- Understanding and deepening elements of the Coaching Process:
 1. Model of the organisation's evolution towards becoming an eco-business with coaching tools
 2. Contracting coaching with the participation of a Sponsor
 3. What is the difference between life and business coaching?
- Coach's Personal Development:
 1. Listening to and following intuition during a coaching session.



Logistics:

- 2 days x 4 hours 1 day x 7h of group training in person
- Certification celebration

After the module:

- Mentor Coaching via Zoom (requirement for ICF ACC credential)
 - ICF ACC Performance Evaluation (requirement for ICF ACC credential)
- or
- Level 2 Intuitive Coach towards ICF PCC credential

MENTOR COACHING

10 hours of Mentor Coaching is one of the ICF requirements in the application process for the ACC (Associate Certified Coach) Credential.

ICF describes Mentor Coaching as ‘an applicant being coached on their coaching skills rather than coaching on practice building, life balance, or other topics unrelated to the development of an applicant’s coaching skill’

It consists of 3 hours of a one-to-one process and 7 hours in a group of maximum 10 participants.

The purpose of the 7h group mentor coaching is to:

- Ground the ICF Code of Ethics, and the 8 Core Coaching Competences defined by the ICF - the body of knowledge evaluated in the accreditation process.
- Calibrate the participant’s coaching competences in reference to the ICF requirements at the Associate Coach Certification (ACC).

This Module serves as an integration of the learning in the prior coach training and grounding the participant’s understanding of the ICF 8 Core Coaching Competences at the ACC level. It serves as a preparation to the ICF Credentialing Exam – a multiple choice test conducted directly by the ICF; and to the ICF ACC Performance Evaluation that is conducted by Evolution Coaching Academy. The participant will receive a document specifying which coach behaviours are subject to ‘pass’ at the ACC Credential level in relation to the ICF Code of Ethics and the ICF 8 Core Coaching Competences.

Content of this Module:

- Grounding understanding of the ICF Definition of Coaching in preparation to the ICF Credentialing Exam and ACC Performance Evaluation
- Grounding understanding of the ICF Code of Ethics in preparation to the ICF Credentialing Exam and ACC Performance Evaluation
- Grounding knowledge and skills of the 8 ICF Core Coaching Competencies in preparation to the ICF Credentialing Exam and ACC Performance Evaluation
- The mentor coach will outline the minimum requirements of the above competencies for the ICF ACC Performance Evaluation in the ICF accreditation process for the ACC (Associate Certified Coach) level.
- The mentor coach will observe the participant’s competencies in relation to the ICF ACC Performance Evaluation requirements and provide feedback, which can be deepened during the one-to-one mentor coaching sessions.

Logistics:

- 2 days x 3,5 hours of group Mentor Coaching sessions in person
- 3 one-to-one x 1 hour Mentor Coaching sessions via Zoom



Author and Director of Education



Lilith Joanna Flanagan
Founder of Evolution Coaching Academy

COACH, TEACHER, MENTOR, SUPERVISOR

- Coach accredited by the ICF at the Master Certified Coach (MCC) level
- ICF Assessor in the PCC and ACC coach accreditation processes
- Vice President of the ICF Poland Chapter in 2009-2011
- South West UK ICF Chapter Leader in 2015-2018
- 2500+ hours of coaching practice: life and business; individual and team coaching, besides others in: schools, local communities, women communities, NGOs as well as IBM, Orange, Groupon, Coca-Cola, AVIVA, Innogy.
- Author and teacher of Intuitive Coach and The Birth of a Coach coaching specific training programs accredited by the ICF Level 1 and Level 2 Coaching Education. 98% of the graduates who applied have received the ICF Accreditation.
- Over a hundred of her alumni and mentor coachees are currently holding ICF ACC or PCC or MCC ICF Credential.
- MSc Holistic Science at Schumacher College, UK (2015), MBA with Distinction (2000), MA Economics in Banking and Finance (1996), 12 years of classic music education in faculty of piano and rhythmic.
- Before her coaching journey, she experienced 10 years of managing business in multinational corporations: in ING, FUJITSU (formerly ICL). She used to lead several hundred, multi-layered human organisation structures in the areas of operations, sales, marketing, business strategy and key program management.
- In the last ten years Lilith has expanded her organisation awareness and skills in several holistic programs connecting the mind with the body with the heart as well as in coach training programs: CTI, ORSC, TeamCoachingInternational.

VALUES AND PASSIONS

- Lilith enjoys living close to Nature, 28 years in a relationship with Patrick with two sons: Michael and Daniel.
- She appreciates impact of coaching on creating trust and reciprocal relations in society. Therefore, with a joy and passion she shares her knowledge and experience with ascending generations of coaches.
- She combines life in human society with being a member of the community of Nature and the planet Earth. Her ongoing curiosity centres around 3 questions: "Who are you?", "What are you here for?", "What is your path?"
- She envisages the world where humans respect other members of our planet and are willing to engage with them for collaborative cohabitation and coevolution.
- In her Holistic Science MSc dissertation, Lilith explores language of oscillations, entrainment and song in a participatory, meaningful interspecies communication. She observes parallels in all relationships between living beings self-organizing into a community.
- In 1-2-1 coaching Lilith specialises in Intuitive, Holistic and Environmental Coaching.
- She co-authored 'EcoBusiness Evolution Spiral' a partnership model of organisation evolution towards an environmentally sustainable business.
- Personal development workshops of her authorship combine body, mind and heart in Nature with coaching facilitation and artistic creation: music, intuitive dance, singing and drawing.

Educator of the Program



Frosina Ristovska

COACH, TEACHER, MENTOR, SUPERVISOR

- Coach accredited by the ICF at the Professional Certified Coach (PCC) level
- ICF trained Assessor in the PCC and ACC coach accreditation processes
- Board Member of ODNE (Organisational Development Network Europe) 2019-2023
- Complaints Committee member of the European Association of Gestalt Practitioners (EAGT) - 2018-present
- Teacher of Intuitive Coach and The Birth of a Coach coaching specific training programs accredited by the ICF Level 1
- Coaching and Psychotherapy Supervisor
- Co-founder of WhiHub
- Whole Intelligence Practitioner-Member of the Whole Intelligence Fellowship
- 1000+ hours of coaching practice: life and business; individual and team coaching, besides others: manufacturing companies, IT companies, recruitment companies, health care sector, NGOs, C-level
- PhD Organizational Psychology and Labor, University Sts. Cyril and Methodius, Skopje, Macedonia (present)
- MSc Personality Psychology and Counselling, University Sts. Cyril and Methodius, Skopje, Macedonia (2015)
- Gestalt Therapy Diploma (2016)
- Supervision Diploma, Relational Change, UK (2018)
- Post Graduate Diploma in Contemporary Trauma Practice, Relational Change, UK (2023)
- Alongside her coaching experience, Frosina has held lead roles in both domestic and international companies. Her diverse experience spans the healthcare sector, recruitment organizations, and product-based IT companies.

VALUES AND PASSIONS

- Frosina finds joy in the flexibility of splitting her time between Macedonia and Germany, alongside her husband Stefan and their son Damian.
- She has immense love for nature, cherishing moments in the great outdoors, especially during sunsets and next to water, and she's always on the lookout for a kid's park to explore with Damian.
- Music and rhythm are key part of her life – and it's one of the ways how she experiences her coaching practice – a dance to the client's question.
- Frosina passionately believes in the transformative power of coaching, enabling individuals to assume greater responsibility, connect with their core essence, and foster profound respect for both humanity and the natural world.
- Her workshops are founded on the fundamental belief that authentic relationships are the cornerstone of every thriving organism, and she passionately advocates for and actively facilitates the process of nurturing and developing whole intelligence to foster resilience, well-being, and the cultivation of effective leadership skills.

Educator of the Program



Angelika Burovski

COACH, TEACHER, MENTOR, SUPERVISOR

- Coach accredited by the ICF at the Professional Certified Coach (PCC) level
- Co-chair of ODNE (Organisational Development Network Europe) 2018-2022
- Committee member of European Association of Gestalt Practitioners (EAGT)- 2020-2023
- Interim Program Director MSc Organisational Development: A Gestalt Perspective, Metanoia Institute, London-UK
- 1000+ hours of coaching practice: life and business; individual and team coaching, besides others in: manufacturing companies, IT companies, NGOs, C-level
- Teacher of Intuitive Coach and The Birth of a Coach coaching specific training programs accredited by the ICF Level 1
- ICF trained Assessor in the PCC and ACC coach accreditation processes
- Coaching Supervisor
- Co-founder of WhiHub
- Whole Intelligence Practitioner-Member of the Whole Intelligence Fellowship
- MSc Organisational Development: A Gestalt Perspective-Metanoia Institute, London (2017)
- MA Communication, New York University, Skopje-Macedonia (2011)
- Gestalt Therapy Diploma (2016)
- Supervision Diploma, Relational Change, UK (2018)
- 15 years of experience running a family SME

VALUES AND PASSIONS

- She loves writing, music, arts
- Spending time in the South of France where she divides her time between Skopje and Camargue.
- Watching Sunsets
- She believes in the impact coaching can have on supporting individuals to be more responsible, in touch with their essence and respect other human and non-human beings.
- She loves transferring her knowledge to build a coaching community in the Balkans.
- Her workshops are often held in nature, where participants are invited to get in touch with the wisdom of nature and explore creatively into their issues. While tapping into their potential to grow as human beings and as people part of a wider interconnected field.

Testimonials



Tim Elliott, Level 1 The Birth of a Coach Alumnus:

"I feel very grateful indeed to Lilith and Meredith for so expertly guiding us through the Birth of a Coach training, on my way to ICF accreditation. There were so many really profound 'ah ha' moments throughout the different modules, helping me grow from a consultant who wanted to fix and instruct people, to an intuitive coach trusting the client already knows what is best for their highest good, and trusting in my guidance to allow for those powerful questions to arrive at the right time and place to guide the journey of the client. Lilith provides a wonderful balance of calm soothing tones and authoritative guidance, which helped me so much as a trainee. Learning all the ICF competences to act as a supporting framework is complemented very much by the spontaneous coaching approach, and being encouraged to tune into the energy of the client, as an individual, couple in a relationship or a whole team. The training is all set within the context of ecological consciousness and how these beautiful skills of communication can be utilised in serving the mission to create harmony between the planet and the humans that are part of it. I would wholeheartedly recommend this coaching training for anyone who is interested in working with people, has ethical values and a desire to do some good in the world. Thank you Lilith and Meredith!"

Hilary Dunstan, Level 2 Intuitive Coach Alumna:

"The programme I attended with Lilith was very insightful and stretched all my boundaries, in a good way. It was a great combination of intuitive and practical, really enabled me, and my colleagues, to grow and explore areas that you can't do day to day. Lilith was a delight, she is extremely authentic and allows and respects your own presence to really explore areas useful and valuable as a coach and professional (and person). I would highly recommend this programme."

Ian Pitchford, Level 2 Intuitive Coach Alumnus:

"I had a fabulously engaging time as a student with Lilith. She created a powerful co-active space which allowed me to grow as a coach. I can whole heartedly recommend including Lilith in your development on your coaching journey."

Maja Klonowska, Level 2 Intuitive Coach Alumna:

"Course 'Intuitive Coach', has allowed me to deepen my contact with my emotions and intuition. I did not think even that one can so strongly feel the connection with the client at every level ... Soaking up what he says, filling me with his emotions, reflecting it to him and leading an in-depth dialogue of souls. The course will open up people who like to experiment. It is worth to experience. "

Monika Górska, Level 2 Intuitive Coach Alumna:

"First of all I would like to thank you as the author and leading school. You connect to a gentleness, and a deep understanding, respect and steadfastness. This is an unusual combination - supporting and engaging at the same time. Didactic material, in which we have endowed, was a wise, rich and a valuable source of information and inspiration to continue to work on oneself and coaching skills. In addition to exercises and work developing intuition, understanding clients, and process on a deeper level, I have learnt to manage my session time. I can now lead a session, so that regardless of the time, I have available, I can complete and give the possibility the client's insight and reflection."



Investment

The Birth of a Coach

The Birth of a Coach ICF Level 1 Accredited Coaching Education, preparation for ICF ACC Accreditation is inclusive of:

1. Training: 4 Group Modules and 3 one-to-one Observed sessions - £ 1950

£ 1750 Early Bird Price for bookings made by 15th of September 2024 accompanied by a £ 200 deposit

2. Mentor Coaching: 7 hours of group sessions and 3 hours of one-to-one sessions = £ 750
3. ICF ACC Performance Evaluation performed by Evolution Coaching Academy = £ 250

We also accept payments in Macedonian Denars or Euros.

Above prices are inclusive of:

- Fee for education services
- Comprehensive training materials sent on-line to the participants
- Taxes

The payments are refundable in case of the group training dates change. Otherwise are non-refundable.

All education delivered in person at WhiHub premisses in Skopje.

Questions about the program or booking your place, please contact Frosina or Angelika at contact@whihub.com

Contact

Phone



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