

Diploma



Academie voor
Coaching &
Counselling

Mena Eissa

Born on 1 January 1976 in Egypt

has successfully completed the training programme

Coaching and Counselling Year 1

on bachelor-level.

Amstelveen, August 2023

Exam committee

Director

Student

The training programme Coaching and Counselling Year 1 has a study load of 21.4 EC points

Student number: 220207

SNRO number: SNRO.OP.22.03.30.03150103.01.CC.47





Academie voor
Coaching &
Counselling

GRADE LIST

Coaching and Counselling Year 1

Mena Eissa

has successfully completed the following parts:

- Class attendance (min. 90% of 65 class hours): completed
- Working with clients (min. 12 hours): completed
- Portfolio: passed
- Practical exam: passed
- Theoretical exam: **9.2**
- Intervention: completed

Amstelveen, August 2023

Student number: 220207
Study-load: 21.4 EC points



Academie voor
Coaching &
Counselling

Training Programme Coaching and Counselling Year 1

In the training programme 'Coaching and Counselling Year 1' students have discovered themselves as a coach/counsellor and how they can use their qualities and talents to guide other people on their path. The student has learned the basic principles of coaching and counselling and has learned to recognise personal patterns as the root of certain issues. The student has gotten acquainted with methodologies that can be applied during sessions with a client. The following themes have been covered in the programme:

- Principles of coaching and counselling
- Different coach attitudes
- Phases of coaching/counselling
- Communication and conversation techniques
- Behavioural patterns, character structures and attachment styles
- Signals of body, mind and spirit
- Stress, burn-out and depression
- Grief/mourning, loss and transition
- Trauma
- Systemic practice
- Transactional Analysis
- Non-violent communication
- Coaching with tools, such as (card)games
- Coaching with writing exercises

After successful completion of the training programme the student can:

- Coach and counsel people with various issues.
- Recognise underlying (hidden) issues and themes that people can come to them with.
- Guide people to discover and develop their talents.
- Apply a variety of methodologies to guide others in their process.
- Enter into a healthy emotional relationship with a client, following the Code of Ethics.

To obtain this diploma, the student has completed the following successfully:

- Portfolio
- Intervision meetings
- Theory exam
- Practical exam
- Positive trainer statement
- 12 hours of working with test clients
- At least 90% class attendance (min. 90% of 70 hours)

Diploma



Academie voor
Coaching &
Counselling



Mena Eissa

Born on 1 Januari 1976 in Egypt

Student number: 220207

has successfully completed the training programme

Coaching and Counselling Year 2

Specialisation: Life & Wellbeing

on bachelor-level.

Amstelveen, November 2024



Education Institute
Member
International Association for Counselling




Exam committee


Director

Student

The training programme Coaching and Counselling Year 2 has a study load of 23.76 EC points



Academie voor
Coaching &
Counselling

GRADE LIST

Coaching and Counselling Year 2

Specialisation: Life & Wellbeing

Mena Eissa

has successfully completed the following parts:

- Class attendance (min. 90% of 70 class hours):..... completed
- Working with clients (min. 40 hours): completed
- Specialisation essay: passed
- Intervision (min. 15 hours): completed
- Supervision (min. 3 hours): completed

Amstelveen, November 2024

Student number: 220207
Study-load : 23.76 EC points



Academie voor
Coaching &
Counselling

Training Programme Coaching and Counselling Year 2

In the training programme 'Coaching and Counselling Year 2' students have dived deeper into interventions, and have worked on increasing their skills to deal with occurring disruptions in the coaching process. In four blocks of two practice days, different coaching areas that are important in everyday life have been explored: 'personal life and health', 'family and relationships', 'business and career' and 'mourning, trauma and recovery'. Within these areas, the themes, skills and interventions that are helpful to guide and stimulate change have been explored. Theory and practice have continuously been combined, and students have reflected on their own practice and actions in the process.

The following topics have been addressed:

- Psychology of learning and change
- The building blocks of a successful practice: theme's, target groups and methods
- Assessment of individual learning goals
- Energy, stress and burn out
- The wheel of life
- Positive psychology
- Rational Emotive Therapy: beliefs, emotions and behaviour
- Constellations
- Attachment theory
- Transactional Analysis
- Career counselling
- Change management: team coaching, creative thinking
- Psychology of loss
- Trauma counselling
- Addiction and recovery coaching
- Business skills for coaches

After successful completion of the training programme the student:

- Knows how change and learning processes work and how to apply them in their daily practice.
- Knows how to intervene in a professional manner on disturbances in the coaching process.
- Understands and can apply various coaching/counselling-roles and techniques.
- Has gained deeper knowledge on specific themes.

To obtain this diploma, the student has completed the following successfully:

- Portfolio
- Specialisation essay
- 15 hours intervision meetings
- 17 hours supervision
- Positive trainer statement
- 40 hours of working with test clients
- At least 90% class attendance (min. 90% of 65 hours)