

SACAP launches ICF-accredited online short coaching course

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With more than 15 years at the forefront of coach education in the country, [SACAP](#) (the South African College of Applied Psychology) has announced the launch of its first online short coaching course. Aimed at managers, leaders and aspiring individuals in the corporate, small and medium enterprise, non-government and government sectors, the three-month learning programme has been designed to transfer critical coaching skills for improved workplace performance.



Unlike many other offerings, the SACAP Coaching in the Workplace short online course is globally accredited by the [International Coach Federation \(ICF\)](#). The course carries 30 hours of ICF Accredited Coach Specific Training Hours that can contribute towards the tally of minimum of coach training hours for those students aiming to be credentialed by this reputable and widely recognised international body.

To best suit working professionals, the SACAP short course is delivered entirely online and requires a six-hour time commitment per week. According to their own schedule, but with a mandatory commitment to a series of webinars, students are able to immerse themselves in learning coaching skills within a positive psychology framework to deepen understanding of human behaviour. The course includes vital practical sessions that connect students online with ICF-accredited coaches who provide private feedback and guidance.

“In today’s highly competitive workplaces, coaching is recognised as the key way for managers and leaders to bring out the best in their team members,” says Svea van der Hoorn, SACAP Course Educator and Master Coach. “Artful coaching conversations have the power to ignite self-belief and self-motivation leading to the willingness to make choices and commitments; to be clear and aware; to be ready to act and be accountable. The coaching process unlocks potential and empowers others to reach their next level of performance to the direct benefit of not just the individual, but of the team, and the organisation as a whole.”

Professionals who complete the SACAP Coaching in the Workplace online short course will gain comprehensive knowledge

and practical experience in putting core coaching competencies into action to optimise learning and performance amongst their team members. They will learn how to spark the best thinking in others to enhance team engagement and productivity. The fascinating introduction to psychological principles will build their life skills to better understand human nature, behaviour and motivation.

“Whether you are a corporate manager who needs to boost your skills to the next level, or a small business owner needing to manage your team more effectively to achieve growth or a young professional with your sights set on a leadership path, this course will equip you with skills vital to realising success,” Van der Hoorn adds.

Registrations for the SACAP Coaching in the Workplace online short course are open from now until 9 September 2018. The course starts on 17 September and ends on 14 December 2018.

For further information, visit www.sacap.edu.za.

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