



SINCE 2016

COACH ACADEMY · PROGRAM OVERVIEW · 2026

Certified Life Coach

ICF-approved coach education · 18 modules · Live virtual



ICF LEVEL 1
Accredited Coaching Education

coachacademy.com

Prices valid for 2026 only. All prices are subject to change.

WELCOME

You've been the person people come to.

For perspective. For steadiness. For the conversation they can't have with everyone else.

Coach Academy helps you turn that instinct into professional coaching skill. The Certified Life Coach Program is an ICF-approved, 5-month, live virtual program for people who want the confidence, credibility, and practice to coach well.

You're the person people trust with what is important to them. Career questions. Relationship questions. Life questions. The messy middle of change.

Coach training gives that instinct a method. Structure, ethics, practice, mentoring, and a credential that give you the confidence and integrity to make this a profession.



The first life to change is often your own.

80

ICF COACH EDUCATION
HOURS

5

MONTHS, PART-TIME

10

MENTOR COACHING HOURS

300+

FIVE-STAR GOOGLE REVIEWS

4000+

GRADUATES



THE DETAILS

Program at a glance

Program	Certified Life Coach
Format	Live virtual training, on Zoom
Length	18 modules, 1 per week
Breaks	Mid-way integration week + applicable holidays
Classroom access	Program duration plus 3 months
Weekly class	2 hours live
Coursework	About 4 to 5 hours per week
Coaching practice	About 1 to 2 hours per week
Coach education hours	80 (ICF Level 1)
Mentor coaching	10 hours (7 group, 3 individual)
Designation earned	CA Certified Life Coach
Premium Community Membership	Influencer, included (\$270 value)
Tuition (all-inclusive)	\$5,900 plus applicable taxes
Deposit at registration	\$1,500
Payment plans	Up to 5 instalments (interest-free)
Start dates	Monthly

Successful completion

- 80 hours of coursework
- 10 ICF mentoring hours (7 group, 3 individual)
- 30 practical coaching hours completed
- 10 hours being coached

What you achieve

- Graduate a CA Certified Life Coach
- Qualify for ICF Level 1 Credential (ACC)
- Certificate of completion for 10 ICF Mentor Hours
- 6-Month membership in a world-class global community

Additional fees apply for ICF Performance Evaluations and/or Portfolios. Details are covered on your call with an Admissions Coach.

THE CURRICULUM

What you'll learn

In 18 modules, you'll practice the fundamentals behind professional coaching conversations. You'll learn how to:

- ✓ Listen for meaning, emotion, values, and patterns
- ✓ Ask questions that create clarity
- ✓ Create trust and safety
- ✓ Stay present when emotions or silence show up
- ✓ Use clean language that respects the client's meaning
- ✓ Recognize assumptions, judgment, and the urge to give advice
- ✓ Break through limiting thoughts and language
- ✓ Discover the magic of metaphors to clarify thinking
- ✓ Support clients as they move from awareness to action
- ✓ Practice proven approaches to change and well-being
- ✓ Understand the ICF Core Competencies
- ✓ Build confidence through practice, mentoring, and feedback

HOW YOU LEARN

360-degree learning

Coach, be coached, and observe coaching. You develop as a coach from every angle, inside the safety of a learning community.

Live coaching + feedback

Coaching demonstrations, group coaching, peer coaching, and observations, both in class and in community.

Unlimited peer coaching exchanges

Unlimited access to a global network of peers working toward ICF credentials, ready to practice coaching with you every week. This is our best kept secret and most valuable feature.

Tools, research, and tutorials

Ongoing development, research, and resources embedded in the classroom and the community.

You'll leave different. People around you will feel it.

COURSE OUTLINE

Weeks 1 to 6

WEEK

1

Introduction to coaching

Peer introductions and program overview · What coaching is and is not · Dive-in: setting a benchmark for progress

WEEK

2

The difference a coach makes

Communication styles · Cycle of empowerment · Tame the advice monster

WEEK

3

Connection, trust & intimacy

Coaching as a partnership of equals · Creating the trust and safety that make honest conversations possible

WEEK

4

THRIVE™ framework

The coaching conversation · Directional and progressive

WEEK

5

Group mentoring 1 ★

Questions forum · Live coaching demos · Mentoring on coaching opportunities and challenges

WEEK

6

Language & beliefs

Break through limiting thoughts and language · The beliefs beneath the words

Course outline is subject to change.

COURSE OUTLINE

Weeks 7 to 12

WEEK
7

Levels of listening

What it means to truly listen · Conscious listening strategies

WEEK
8

Clean language

Empower others to explore their own thinking · Self-managing your own bias (David Grove)

WEEK
9

Metaphors, feelings & breakthroughs

The magic of metaphors to clarify thinking · Working with feelings to create breakthroughs

WEEK
10

Self-management

Judgment, relating, and assumptions · How to hold space and stay present to others

WEEK
11

Group mentoring 2 ★

Questions forum · Live coaching demos · Mentoring on coaching opportunities and challenges

WEEK
12

T & H in THRIVE™

Practising the first stages of the THRIVE™ framework in live coaching

BREAK

Break for Integration Week

Course outline is subject to change.

COURSE OUTLINE

Weeks 13 to 18

WEEK
13

R & I in THRIVE™

Practising the middle stages of the THRIVE™ framework in live coaching

WEEK
14

V & E in THRIVE™

Completing the THRIVE™ framework · Bringing the full conversation together

WEEK
15

Mission & vision statements

The power of intentions and visualizations · Coaching with a clear mission

WEEK
16

Group mentoring 3 ★

Questions forum · Live coaching demos · Mentoring on coaching opportunities and challenges

WEEK
17

ICF Core Competencies integration

Present a competency that challenges you · Presentations

WEEK
18

Closing & next steps

Next steps · Reciprocal circle

Course outline is subject to change.

★ ICF group mentoring hours

THE ICF PATHWAY, EXPLAINED

From your first class to a globally recognized credential

Coach Academy is an approved partner of the International Coaching Federation, the gold standard in coaching worldwide. Here is exactly how the pathway works.

1

Complete the program

18 modules, live classes, coursework, and real coaching practice: 80 ICF Level 1 coach education hours, 10 mentor coaching hours, 30 practical coaching hours, and 10 hours being coached.

2

Graduate a CA Certified Life Coach

Your Coach Academy designation, backed by documented hours and evaluated practice.

3

Apply for your ICF ACC credential

Your 80 hours and mentoring meet the education requirements for the ICF Associate Certified Coach (ACC) application. We walk you through it, including the performance evaluation step.

4

Keep growing, for life

Levels 2 and 3 and continuing education keep your credential moving toward PCC and MCC, with a community that grows with you.

One Academy, A Lifetime of Learning



Level 1
Certified Life Coach



Level 2
Professional and advanced training



Level 3
Mastery-level training



CCE
Continuing education

BEYOND THE CLASSROOM

A vibrant community, included with your tuition

Learning continues between and beyond classes with 10+ live events every month. Your Influencer Membership (a \$270 value) is included for 6 months:

Clubs and keynotes

Unlimited coaching exchange

Live coach demos

Case study clinics

Coaching skills labs

ICF group mentoring hours

And so much more to enrich your learning

Influencer Membership: included with tuition

A \$270 value, yours for 6 months. Offer is subject to change at Coach Academy's discretion.

Mastermind Membership: the next level

When you're ready for more, upgrade to the Mastermind Membership for \$55 per month, our client rate. Offer is subject to change at Coach Academy's discretion.

Mastermind Membership: open to the public

New to Coach Academy? Join the Mastermind community for \$85 per month, our public rate for people who are not clients yet. Offer is subject to change at Coach Academy's discretion.

Add a specialization

For a limited time... add an 8-week specialization (Compassion, Grief, or Motivation) for \$250 when you register. Regular price: \$950.

This offer is only valid until Dec 30th, 2026. This offer cannot be combined with any other offer. Restrictions apply.

Why we are different

Rigorous training, human delivery

Built for people who take this work seriously. The curriculum is grounded in ICF standards, evidence-informed practice, and 50,000+ hours of curriculum design, mentoring, and facilitation since 2016.

The THRIVE™ coaching model

Our CA Coaching Framework THRIVE™ delivers consistent, structured, powerful conversations. World-class, experienced facilitators mentor coaches at every level.

Small cohorts, real practice

You'll learn live, beside people coaching in leadership, education, healthcare, HR, and private practice around the world. Classes stay small for engaged learning and discussion.

A boutique learning experience

Classes are capped at 17, more attention. Our programs strive for the academic excellence of the Ivy League and deliver, with the care and rigor you would expect from a world-class institute.

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Canada Coach Academy has changed my life for the better. The course facilitators are excellent, and the course content is beyond what I could have ever imagined. I love that through the pursuit of helping others by becoming a life coach, I am learning more about myself and becoming a better person in the process!

JILLIAN BEST · GRADUATE · ★★★★★

★★★★★ 300+ five-star Google reviews

4000+ Graduates

YOUR INVESTMENT

Tuition, and how to get sponsored

ALL-INCLUSIVE TUITION

\$5,900

Plus applicable taxes

- \$1,500 deposit at registration
- Payment plans up to 5 instalments (interest-free)
- 80 ICF coach education hours
- 10 mentor coaching hours (7 group, 3 individual)
- Influencer Membership included (\$270 value) for 6 months
- Additional fees apply for ICF Performance Evaluations and/or Portfolios

Sponsored by your organization?

Many of our students are sponsored by an employer, a non-profit board, or a professional development fund. Coach training is a recognized investment in retention, engagement, and culture.

Your Admissions Coach can prepare everything your approver needs:

- ✓ This program overview and course outline
- ✓ The ICF-approved hours and credential pathway
- ✓ An invoice made out to your organization
- ✓ A receipt and documentation for development funds

Ask about Membership, Advanced Skills, Business Workshops, Mentoring Packages, and Intensive Programs.

THE FOUNDER



Nathalie Blais, MCC

FOUNDER & CEO, COACH ACADEMY

Nathalie Blais is the Founder and CEO of Coach Academy and an ICF Master Certified Coach whose work focuses on how people think, connect, and lead. Her central idea is both simple and disruptive: connection is not an assumption; it is a skill.

Blais holds a Master's degree in Psychology from Harvard and has logged more than 50,000 hours in facilitation, learning design, research, and education development. She is the architect of multiple ICF-accredited coach education programs and has trained thousands of leaders and coaches worldwide.

A TEDx Speaker on the power of coaching based connection skills, her research explores fear, motivation, grief, compassion, and connection. Her forthcoming 2027 book offers practical ways to prioritize human-centred connection in an increasingly automated world.

Your next step is a conversation.

Speak with an Admissions Coach: a graduate of our programs who can walk you through the pathway, the time commitment, tuition, and whether Coach Academy fits what you're hoping to build.

[Book a call](#)

No sales pitch. Just a clear conversation.

COACH ACADEMY

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