



MY Coaching *School*



About MY Coaching:

Established in 2019 MY Coaching takes a holistic, scientific approach to coaching, being the first in the middle east to offer 6 main coaching services; Coach Education programs accredited from the international Coach Federation (ICF), tailored one-one-one sessions, group workshops, webinars, retreats and corporate coaching & training programs.

MY Coaching is designed to help clients develop in all aspects of their personal and professional lives; to ultimately improve the relationship they have with themselves and with others through a pool of highly qualified and international trainers and coaches.

Design Your Life

Successfully MY Coaching has delivered more than 2000 Hour of training and coaching where they trained and coached hundreds of people with different nationalities in more than 22 different countries in Europe, Africa, Asia and America.





Carrying the responsibility and the passion of increasing the awareness worldwide in regard to the mental health and wellbeing, *MY Coaching* offers a free content on different platforms which reaches more than 20 million people in the past years where More than **1 Million followers** are interacting positively with the delivered content.



Welcome to

The Strength-Based Relationship Coach Program

Strength Based Relationships coach program is an internationally accredited course by the **International Coach Federation (ICF)**.

This unique program combines the science of relationships with strength-based coaching methodologies, equipping you to support clients through various stages of their relationship journeys—from being single, pre-marriage, couples in Marriage, to post-breakup.

COURSE OBJECTIVES

- **Develop Foundational Coaching Skills:** Gain a solid understanding of core coaching competencies as defined by the ICF, including active listening, powerful questioning, and effective communication techniques.

- **Master Relationship Coaching:**

Gain deep insights into the dynamics of relationships across different stages—single, pre-marriage, couples, and post-breakup. Learn techniques to help clients navigate these stages effectively.

- **Leverage Strength-Based Coaching:**

Understand and apply the principles of strength-based coaching using tools such as Gallup Clifton Strengths, VIA Character Strengths, and LIFO Orientation. Help clients recognize and utilize their unique strengths to improve their relationships.



COURSE OBJECTIVES

. Master Coaching Methodologies: Explore a variety of coaching methodologies and frameworks that can be applied in different coaching contexts.

• Ensure Personal Development:

Prioritize your own personal growth throughout the program. Engage in self-reflection and self-improvement exercises to develop a deep understanding of your strengths and areas for growth, ensuring you are fully prepared to help others.

• Foster Ethical Practice and Professionalism:

Understand the ethical guidelines and professional standards set by the ICF, ensuring you conduct your coaching practice with integrity and respect.



COURSE OBJECTIVES

- **Apply Practical Coaching Techniques:** Engage in hands-on in class practice sessions, role-plays, and real coaching cases to apply your learning and refine your coaching techniques.

- **Create a Personal Coaching Style:**

Develop your unique coaching style by integrating your personality, values, and strengths into your coaching practice.

- **Prepare for ICF Certification:**

Receive guidance and support to prepare for ICF certification, including understanding the application process, meeting credentialing requirements, and successfully completing the **ICF exam**.



Why Choose Our Program?

- **ICF level 2 Accreditation:**

Our program is accredited by the International Coach Federation as level 2 accredited program, qualifying you for the PCC level accreditation as well as the ACC level accreditation, and ensuring you receive the highest standards of coaching education.

- **Expert Instructors:**

Learn from experienced, certified coaches with 7+ years of coaching with 2000+ coaching hours who bring extensive knowledge and real-world experience to the classroom.

- **In class observed real coaching sessions:**

Engage in hands-on in class practice sessions, observed by the instructors and receive instant feedback.

- **Interactive Learning:**

Engage in dynamic and interactive gamified learning experiences, including group discussions, role-plays, and real-life coaching cases.

Why Choose Our Program?



- **Supportive Community:**

Become part of a supportive community of like-minded individuals committed to personal and professional growth.

- **Flexible Learning Options:**

Choose from various learning formats, including in-person, online, and blended options to fit your schedule and learning preferences.

- **Flexible payment methods:**

Very competitive prices for the first round, Installment plans with 0% interest and wide range of payment methods.

Benefits You Will Get Just After the Program:

- **Be the First Strength-Based Relationship Coach in Egypt and the MENA Region:**

Stand out as a pioneer in strength-based relationship coaching in this region.

- **Guarantee of Real Clients:**

Start coaching real clients immediately after completing the program, ensuring you gain practical experience and build your portfolio.

- **Join MY Coaching Coaches Community:**

Become a member of our exclusive community, offering networking, support, and continuous learning opportunities.



Benefits You Will Get Just After the Program:

- **Opportunities to Join MY Coaching Team:**

Potential to join our team of coaches, opening doors to professional growth and collaboration.

- **Deliver Sessions & Talks:**

Engage with a broader audience by delivering coaching sessions and talks to MY Coaching Community, which has over 200 members.

- **Continuous Support and Mentoring:**

Receive ongoing support and mentoring from the program's experienced instructors to help you grow and refine your coaching practice.

- **A Journey, Not an End:**

Understand that this program is the beginning of your coaching journey with MY Coaching, providing continuous opportunities for development and advancement.

Who should attend?

- **Aspiring Coaches:** Individuals who are new to coaching and want to develop a solid foundation in strength-based relationship coaching.
- **Current Coaches:** Professional coaches seeking to enhance their skills and specialize in relationship coaching using strength-based methodologies.
- **Counselors and Therapists:** Licensed professionals in mental health fields who want to integrate coaching techniques into their practice to better support their clients' relationship goals.
- **Life Coaches:** Life coaches who want to deepen their expertise and offer specialized services in relationship coaching to their clients.
- **Personal Development Enthusiasts:** Individuals dedicated to personal growth who want to learn coaching techniques to enhance their own relationships and help others do the same.
- **Relationship Advisors:** Professionals who already work in relationship counseling or advisory roles and seek to formalize their skills with a structured, accredited coaching program.



For participants attending online

- _ All sessions will be delivered online through zoom.



For participants attending Inperson

- _ 80 hours will be delivered Inperson
- _ And 45 hours will be delivered online



Location:

Concorde El Salam Hotel 65 Abdel Hamid Badawi Street El Nozha,
Cairo Egypt.

_ Tuesdays sessions are online for all participants



Timings:



Saturday from **9 am to 5 pm**



Tuesdays from **6 pm to 10 pm**

Course milestones (journey):

01

Module 1
Professional coach foundation

Module 2

Relationships psychology & coaching

02

03

Module 3
Strength based Coaching

Module 4

Strength based Relationship Coaching

04

05

Module 5
Designing your coaching career

NB: the program includes mentoring hours along all modules.

ICF requirements for ACC & PCC accreditation:



MINIMUM 60 HRS COACH
EDUCATION

100 HRS COACHING
EXPERIENCE

ICF WRITTEN EXAM

10 HOURS MENTORING



MINIMUM 125 HRS COACH
EDUCATION

500 HRS COACHING
EXPERIENCE

ICE WRITTEN EXAM

10 HOURS MENTORING



• About the Instructors:



Mohamed is the CEO & Co-Founder of MY Coaching, a certified Life/Relationship Coach and a positive psychology coach from the International Coach Federation (ICF)

Mohamed has also obtained certifications in the field of applied behavioral science and strength based coaching under the supervision of the best practitioners in the world and became a Certified strength-based coach, to continue his journey in helping people bring out their best.

Mohamed Abouzaid

Led by his passion, Mohamed has designed and delivered +1000 hours of Coaching and training programs in more than 22 countries all over the world applying the most recent research proven techniques of psychology as well as the most recent gamified techniques.

Mohamed has also an Engineering background; After completing his double bachelor in Germany and Egypt in the field of Material Engineering, Mohamed began his career as a teaching assistant at Ain Shams University, where he led lectures for students at faculty of Engineering. It was through this role that Mohamed developed a reputation for positively impacting students by helping them see their potential past the topic at hand. Mohamed has also obtained his master's degree and worked in corporates in the field of Oil & Gas before completely shifting his career to focus on his coaching career

• About the Instructors:



Yahia Abouzaid

Yahia is the CSO & Co-Founder of MY Coaching, Yahia is a certified Relationship Coach from the International Coach Federation (ICF) and Global Strength Based Coach by Gallup.

As a Certified Relationship Coach, Yahia Has more than 6 years of experience and thousands of hours of coaching and training where he has helped Hundreds of his clients of different nationalities in more than 22 different countries in Europe, Africa, Asia and America to overcome their life challenges and to get on track, by deeply understanding themselves and taking the necessary steps to improve their mental health. Through a science-based and interactive approaches.

Yahia has an Engineering background He is graduated with a double Bachelor of Materials Engineering from Clausthal University in Germany and Ain Shams University in Egypt with Honors and Excellent degree, where he was ranked the second of his class.

Yahia has worked for years in Oil&Gas industry before his passion has driven him to the field of psychology and coaching .

Instructors' certifications:



Mohamed Abouzaid

- Professional Certified Coach (PCC) | ICF
- Certified Life/ Relationship Coach | ICF
- Certified positive psychology Coach | ICF
- Certified strength based Coach (Lifo Practitioner)
- Certified Global clifton strength based coach (by Gallup)



Yahia Abouzaid

Early Bird Offer

For Residents of Egypt **EGP46,900** Offline
EGP 42,900 for **Online** and **\$860** for Abroad

With **6** Months
Installment **0** %
Interest

Month	ONLINE		ONLINE		OFFLINE	
	INSTALLMENT IN USD	INSTALLMENT IN EGP	INSTALLMENT IN EGP	INSTALLMENT IN EGP	DUE DATE	DUE DATE
February	\$130	EGP 7,150	EGP 7,150	EGP 7,820	28/2/2025	
March	\$145	EGP 7,150	EGP 7,150	EGP 7,820		30/3/2025
April	\$155	EGP 7,150	EGP 7,150	EGP 7,820	30/4/2025	
May	\$155	EGP 7,150	EGP 7,150	EGP 7,820		30/5/2025
June	\$145	EGP 7,150	EGP 7,150	EGP 7,820	30/6/2025	
July	\$130	EGP 7,150	EGP 7,150	EGP 7,800		30/7/2025

THIS OFFER IS VALID FOR THE FIRST 5 PARTICIPANTS

VIP PACKAGE: ADD 3000 EGP (60\$)

& ENJOY THE RECORDINGS & THE PRESENTATIONS FOR LIFE TIME

PROGRAM SCHEDULE AND DURATION

- **Program training hours:** 145 Hours
- **Expected start date:** will be announced soon
- **Duration:** 3 months (Two sessions per week)
- **Delivery method:** Online & Offline

PAYMENT METHODS DETAILS AS FOLLOWS:

● For Egypt Residents:

- **Payments can be made in EGP through the following:**

1- Bank Transfer

2- Instapay

3- Credit Card

For Residents Abroad:

Payments to be received in USD through Western Union.

Thank You



Contact Us:



+20 109 514 5508



Info@my-coaching.net



www.my-coaching.net

Thank You

MY
Coaching

Design Your Life