

Course Catalog for the ICF International Coaching Week 2026

11-17.05.2026

**Focus on wellbeing, somatic work and building a
business as a freelance coach**

Version: 20.04.2026

Adarsh Sitapati

Organizer and facilitator

+41 76 548 50 94

adarsh.sitapati@authenticself.academy

Cristiana Ilie

Facilitator

+41 76 503 46 67

cristiana.ilie.office@gmail.com

Course overview with direct links

Energy Management for your wellbeing Monday, 11.05.2026, 18:00 – 19:30 CET Facilitator: Adarsh Sitapati	Direct link
Honest insights from my transition into freelance coaching Monday, 11.05.2026, 20:00 – 22:00 CET Facilitator: Adarsh Sitapati	Direct link
Use AI as therapist for shadow work Tuesday, 12.05.2026, 18:00 – 19:30 CET Facilitator: Adarsh Sitapati	Direct link
Gain confidence as a coach Tuesday, 12.05.2026, 20:00 – 22:00 CET Facilitator: Adarsh Sitapati	Direct link
Integrating somatic work and breath in coaching Wednesday, 13.05.2026, 18:00 – 19:30 CET Facilitator: Cristiana Ilie	Direct link
Exploring beliefs that limits your coaching business Wednesday, 13.05.2026, 20:00 – 22:00 CET Facilitator: Adarsh Sitapati	Direct link
Building your coaching business as a freelancer Thursday, 14.05.2026, 18:00 – 19:30 CET Facilitator: Adarsh Sitapati	Direct link
Explore your skills and combine them into a unique service Thursday, 14.05.2026, 20:00 – 22:00 CET Facilitator: Adarsh Sitapati	Direct link
Sustainable career transition into freelance coaching Friday, 15.05.2026, 18:00 – 19:30 CET Facilitator: Adarsh Sitapati	Direct link
Master your finance as a freelancer Friday, 15.05.2026, 20:00 – 22:00 CET Facilitator: Adarsh Sitapati	Direct link

<p>Understanding life transitions Saturday, 16.05.2026, 10:00 – 11:30 CET Facilitator: Cristiana Ilie</p>	Direct link
<p>Gain confidence as a coach Saturday, 16.05.2026, 18:00 – 19:30 CET Facilitator: Adarsh Sitapati</p>	Direct link
<p>Facilitating deep transformations in your clients Saturday, 16.05.2026, 20:00 – 22:00 CET Facilitator: Adarsh Sitapati</p>	Direct link
<p>Protecting Your Energy: Personal Boundaries for Sustainable Wellness & Coaching Success Sunday, 17.05.2026, 16:00 – 17:30 CET Facilitator: Grace Wang</p>	Direct link
<p>Open Space for coaches Sunday, 17.05.2026, 18:00 – 19:30 CET Facilitator: Adarsh Sitapati</p>	Direct link
<p>Honest insights from my transition into freelance coaching Sunday, 17.05.2026, 20:00 – 22:00 CET Facilitator: Adarsh Sitapati</p>	Direct link

ICF International Coaching Week 2026

Empower, inspire and celebrate your coaching journey. These webinars will take place during the ICF International Coaching Week 2026 with the intention of sharing key learnings, tools and processes of wellbeing, somatic work and building a business as a freelance coach. All webinars in this list are free of charge. However there per webinar there are 40 spots available and they usually get sold out. In case there are no spots available for you, let me write an email (adarsh.sitapati@authenticself.academy) and I will find a solution for you.

Best wishes and enjoy ICW 2026,
Adarsh

Meet the facilitators



Adarsh Sitapati

Life Coach, Business Consultant for Freelancers and Instructional Designer

+41 76 548 50 94

adarsh.sitapati@authenticself.academy

www.authenticself.academy

I support new coaches to build their business as freelancers in full authenticity and to get clients naturally without social media. In the ICW 2026 I want to share my key learnings that helped me build a business and maintain my wellbeing during my transition into freelance coaching.

This year I invited charismatic and competent speakers to enrich the impact of this series of webinars focused on your wellbeing through somatic work and business development as a freelance coach.



Cristiana Ilie

Transformational Life Coach, Yoga Teacher and Yoga Therapist in Training

+41 76 503 46 67

cristiana.ilie.office@gmail.com

www.linkedin.com/in/cristiana-ilie

My work is about supporting people in developing deeper self-awareness, helping them recognize that they already hold the answers within themselves, with a focus on those navigating major life transitions.

My intention during International Coaching Week 2026 is to support individuals in connecting more deeply with their bodies and breath as tools for greater self-awareness.



Grace Wang

Certified Life Coach, Health Manifestation Coach and
Registered Nurse, BN

+1 (438) 883-8703
gracewangcoaching@gmail.com

I work with people who feel overwhelmed by illness and the challenge of making healthier lifestyle changes cultivate the health and wellness they desire.

For ICW 2026, I draw on my experience in coaching and in nursing care to share practical ways to maintain healthy energetic boundaries so you can stay well, grounded, and effective in your coaching practice and in your private life.