



## **Mentor Coaching**

(For coaches, mentors, coach training programs and organizations)

### **Develop the foundation skills required to effectively coach others**

Did you know that many people fail their first coaching examination? Why? In many cases, although students understand the theory behind the coaching process, they have not always acquired certain foundation skills recognized by the International Coach Federation (ICF). Students may understand theory but aren't able to adequately demonstrate the competencies.

In addition, many coaches make the common error of coaching a client on a problem the client identifies – instead of coaching them on the deeper issue that underlies the problem.

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At CDI, our purpose is to support coaches in optimizing their skills and connecting to their essence, as a gift to their clients. We expect a lot from our coaches! We work you to:

- Develop/enhance your coaching abilities;
- Increase your personal awareness and professional development, as a coach and as an entrepreneur;
- Anchor your learning to the ICF Coaching Core Competencies and Standards and Ethics, and effectively apply them;
- Fulfill international accreditation requirements.

*Our program gives you individual attention. Here is where your practical journey begins...*

### **CDI Mentor Coaching Program**

Understand and practice the International Coach Federation (ICF) Coaching Core Competencies and Standards and Ethics:

1. A practical discussion on how to apply for your designation (if this is your goal);
2. 2 X 60 minutes per month of professional mentor coaching with a PCC or an MCC coach (ICF requirements are 10 hours of mentor coaching);
3. 2 Supervised coaching sessions with specific verbal and written feedback;
4. Develop a conscious and deliberate application of your skills;
5. Email support between sessions to answer questions re: client coaching and feedback sessions;
6. Access to materials and resources to use with your clients (how to deliver a complimentary coaching session, intake package, basic practice development, etc).
7. For more information about advanced skills and practice building, please visit our website:  
<http://www.coachingdesigns.ca/services.html#corporate>

**One on one telephone coaching:** 2 X 1 hour sessions per month for 5 months

**Investment:** \$350.00 per month + GST.

**Let us support you in optimizing your coaching skills. Call us today.**