

MENTOR COACHING PROGRAM

'Technique is for a coach what a text is for an actor: they both have to forget it in order to be present.'
Luc de Belloy

Mentor Coaching provides an additional and required learning/development track that is designed to support your individual growth and coaching presence, as required by the International Coach Federation. I am pleased to offer you three different types of mentoring programs.

1. One will fulfil the ICF Mentor Coaching requirement of "10 mentor coaching hours within a 3 month period prior to your credential application; of which 3 hours must be one-on-one coaching and 7 hours can be group coaching".
2. The second Mentor Coaching program also fulfils the ICF Mentor Coaching requirement and is a 1-1 program of 10 x 60 minute telephone sessions where you will provide a live client that you will coach (for at least 4 of the sessions) for 30 minutes and once they are off the line receive immediate feedback, be able to ask questions and clarify any concerns or issues.
3. The third Mentor Coaching program on offer will provide you with 4 hours of mentor coaching and will only partially fulfil the requirement. It is a 4 hour "real play" live coaching experience with feedback. In this program you will have the chance to coach live, receive immediate feedback, listen back to your recorded coaching and also listen in to others being coached live, receive feedback, give feedback and ask questions.

These programs will support you as you take your voice and business forward and prepare you to participate in the ICF Certification process, if you choose, upon completion of this mentor coaching program.

I have a Master of Education Degree, been lecturing at University for 17 years, and am passionate about helping people become the best they can be. I am a PCC certified Coach, a graduate from The University of Sydney, with a Professional Development Certificate in Coaching Practice and a graduate of The Academy for Family Coach Training's Advanced Coaching Course (ACSTH approved) and a practicing coach with a thriving business. I have experienced first hand the rigor of the ICF's ACC and PCC portfolio credentialing process and am currently the Director of the Professional Standards Committee ICF Australasia Inc. I am also the co-ordinator of the Australasian Credential Support Program and an ICF Assessor. For the last two years I have been the world wide lead trainer and Mentor Coach for the Academy for Family Coach Training (ACSTH Approved); coaching, teaching and mentoring coaching students from all over the world.

LEARNING OUTCOMES

This mentor coaching process is rigorous and gets right to the point. The intended learning outcomes for you are as follows:

- To integrate the ICF core competencies into your coaching and hone your coaching skills and competence
- To develop a thorough understanding of the 11 ICF Core Competencies by unpacking and experiencing them during live supervised coaching session
- To develop an understanding of the ICF ACC & PCC minimum skill requirements

- To prepare for the written exam by discussing different coaching client scenarios and reflect on your work with your clients
- To prepare, at your own pace to become certified
- To receive constructive feedback around the core competencies commensurate to that which would be received from an ICF reviewer
- To experience feedback in a safe and supportive environment
- To become aligned with the ICF professional standards and ethics

YOUR INVESTMENT

Program:

1. 7 x 60 minute teleconference sessions of small group (minimum 3 and no more than 8 people) live coaching, recorded with feedback **plus** 3 x 1 hour one to one mentor coaching session, plus a written reference attesting to your competence (provided you meet the standard): \$1700.00 AUD
2. 10 x 60 minute one to one telephone mentoring sessions, live coaching (you provide a client) recorded with feedback plus a written reference attesting to your competence (provided you meet the standard): \$2200.00 AUD
3. 4 x 1 hour teleconference sessions of small group live coaching, recorded with feedback – group no larger than four people: \$500 AUD

WHAT SOME OF MY MENTOR COACHING CLIENTS HAVE SAID:

Tracy has a gift for mentor coaching that I am honoured to have experienced. Her teaching background makes her not only incredibly attentive, but also a treasure chest of tips, insights, and recommendations. Thanks to her gentle, but challenging approach, I grow more professional as a coach during every encounter with Tracy. If you're looking for a mentor who'll put you on the fast track to becoming a masterful coach, you couldn't choose a better mentor than Tracy Tresidder. Thanks a bunch – all the best. Venus Taylor, Boston May 2008

I found the mentor coaching the most valuable part of my training as a coach. The awareness of being overseen and the feedback from my colleague the client, and from our mentor, combined with my personal review of the interaction by listening to the recorded coaching session, enabled me to:

- *Become clearer and focused*
- *Shift during a few weeks into a leveraging the best coaching techniques – the questions I asked were more and more powerful, generating increased awareness in the clients and insights after insights within one coaching session.*
- *My personal review and feedback of my own coaching, enabled me to rethink and re-evaluate what and how it would have worked better and honed my skills*

Tracy proved to be an incredibly generous, kind and caring teacher with one and only one goal in mind – to assure that we reached our best performance and we become the best coaches we can be. Catherine Varga, Sydney, August 2008

It was a huge shift in confidence and skill to have Tracy as my mentor. She observed my coaching and gave me feedback that really focused my attention on the ICF core competencies in the kind of detail I was looking for. My clients are now getting professional coaching because I now have a better grasp of how to coach effectively. I also have a much clearer distinction about when I'm wearing my coaching hat and when I'm doing other things. Thanks to Tracy I now feel very confident about doing the ACC oral exam. Eleanor Lynn, Perth WA, Nov 2008

Thank you for mentoring, teaching and supporting me so wonderfully during the four sessions of mentor coaching! Remembering myself being nervous and insecure before my first mentor coaching session and how I feel now after having completed all sessions. I have learned so much about myself personally and as a coach, which makes me really confident. Because of you I am even more in love with coaching! Thank you!
Alexandra Ridderbusch, Germany. Feb 2009

Throughout the mentor coaching experience, I was continuously impressed by my mentor-coach, Tracy Tresidder. Tracy is an amazingly bright, insightful and “on target” mentor. She has developed a natural flow in her communication style, which places the student at ease so as to accept constructive criticism as a growth experience. Rather than espousing one approach to coaching, Tracy has the uncanny ability to pick up on each individual’s personality, highlighting traits that will serve to enhance one’s coaching skills. Tracy’s extensive knowledge of everyday human challenges enables her to guide us beyond the techniques of proper coaching. A person of integrity, Tracy juggles many responsibilities with poise and confidence. I aspire to reach this level of professionalism and expertise, while maintaining Tracy’s passion and care for each client. Sima Hilsenrath
NYC March 2009

I have had mentors over the years for different areas in my life. I have never, however, had a mentor like Tracy Tresidder, my mentor coach. Tracy gave me the confidence to enhance my strengths as a coach and to reach higher and delve deeper than ever before. Tracy helped me target my weaker areas as well, and encouraged me to examine them, and forward my actions on behalf of my clients. Under Tracy’s tutelage, I learned so much about myself that has helped me and will continue to help me in both in my professional and personal life. Her sensitivity and unique perspective as an active member of the ICF organization helps me to zero in on what is important and how to help my clients. This help comes in the shape of meaningful questions and viewpoints, and a deep level of understanding my clients and their needs. Tracy paved the way for my journey toward being the best coach I can be, and for this gift I am forever grateful! Sariva Sklar.
Small Wonders Coaching, LLC. NYC March 2009

The mentor coaching sessions were a real learning experience. I learned how to ask powerful questions the right way. The core competencies were not abstract anymore, but rather they became something real. Tracy went through each competency after the session and highlighted what I did well and where improvement is needed. There was no failure, only learning and going forward. My own feedback was a lesson in awareness and self-analysis. The insights about myself were most informative and let me view my qualities and deficiencies in a most profound and productive manner. Best of all, Tracy always infused me with confidence in my abilities as a coach. Thank You Tracy. Rabbi Joseph Lewi. New York. Feb 2009

Before I began Mentor Coaching I was absolutely terrified. I had never coached before and did not think I knew how to go about it. Tracy’s supportive feedback after each call and her suggestions of how to improve my coaching really set me in the direction of powerful coaching. She helped me develop my questioning and my ability to create awareness, as she pointed out what I could do differently and what was working well. I felt her support and her sincere will to help make me a better coach, and with each session I became more confident and more skilled. This was an extremely powerful learning experience for me. Ruth Feldman, Jerusalem, Israel July 2009

For more information on taking your first steps on the path to a rewarding experience please call.

Tracy Tresidder

2009 ICF NSW Coach of the Year

