



ICF MENTORING PROGRAM

Mentoring Program for ACC Certification



PROGRESS



AICI
ASIA INNOVATIVE
COACHING INSTITUTE





WHY ATTEND THIS PROGRAM?

You should attend this program if you want to apply for the ICF Associate Certified Coach ("ACC") credential and you have completed either:

- Progress-U's International Corporate Coaching (ICC) program, or
- Any other ICF approved or accredited program, or
- At least 60 hours of coach specific training as defined by the ICF.

One of the requirements for the ACC credential is to have received 10 hours of mentor coaching by an ICF Certified Coach, out of which seven hours can be completed as group sessions, and three must be 1:1 sessions.

For more information on the ACC requirements, please visit <https://tinyurl.com/icf-acc-requirements>

For more information on Progress-U's coach certification programs, visit <http://www.progressu.com/coach-certification>

WHAT YOU WILL LEARN

Group Mentoring Sessions

During the group mentoring sessions you will review the ICF coaching competencies and deepen your learning on its application and development of your coaching skills. The duration of the group mentoring sessions is a total of 7 hours.

Individual Mentoring Sessions

For each session you will submit a 30 minutes coaching practice recording to your Mentor Coach who will listen to this recording as preparation for the 1:1 mentoring call.

The duration of each mentoring call will be 30 minutes during which your Mentor Coach will provide verbal feedback, encouragement and guidance on your application the ICF coaching competencies in the coaching sessions you conducted. All sessions will be conducted virtually (Zoom).

SCOPE FOR THIS PROGRAM



1:1 Mentor Coaching:

- 3 sessions of 60 minutes including review of recording coaching sessions



Group Mentor Coaching:

- 7 hours in total on ICF Core Competencies maximum number of participants we allow on this program: 6

PROFILES OF MENTOR COACHES



Ruma Biswas

Executive Coach (PCC)
Faculty of the Asia Innovative
Coaching Institute (AICI)

With almost 20 years of corporate leadership experience, Ruma is an experienced Leadership and Systems Coach working with executive teams and senior leaders to co-create and execute their vision. Her professional training as an Organisation & Relationship Systems Coach helps her coach changes & conflicts in a system effectively.

Her speciality is on providing clarity around purpose - for leaders, for teams and for coaches. She is an avid reader and a prolific writer on leadership related topics.

Ruma has managed high performing global sales teams in her corporate career and holds a bachelors degree in Mechanical Engineering (she was the only woman in her class).

Ruma has lived in India, U.K. and the United States.



Sabreena Andriesz

Executive Coach (MCC)
Faculty of the Asia Innovative
Coaching Institute (AICI)

The breadth of Sabreena's coaching career consists of over 3,000 hours of coaching experience in various industries with focus on leadership development.

Sabreena offers a diverse lens influenced by having lived in Saudi Arabia, Sri Lanka, U.K. and Germany before settling in Singapore.

Sabreena has devoted the past 15 years to executive coaching and has been a faculty of Progress-U's Asia Innovative Coaching Institute since 2008.

Sabreena has been the Past President of ICF Singapore Chapter from 2009-2011 and co-chaired the 2nd Asia Pacific Coaching Conference in Singapore in 2012

ABOUT THE INSTITUTIONS

Progress-U

Founded in 2002, Progress-U has been a pioneer in coaching centric leadership developing professional coaches with offices in Hong Kong, Kuala Lumpur, Mumbai, Shanghai, Singapore and Tokyo. Progress-U works with over 80 carefully selected coaches in 15 locations across Asia. Progress-U has been a member of the prestigious global alliance of high-quality coaching organizations, called "The Global Coaching Partnership" (TGCP)

Asia Innovative Coaching Institute (AICI)

The AICI is the only Asia based coach certification institute that offers high-quality coach training across 5 locations in Asia. Its mission is to promote coaching excellence through research and internationally accredited coach certification programs.

International Coach Federation (ICF)

The ICF, established over 20 years ago in the US, is the worldwide largest coach credentialing body. It conducts research on the development of coaching around the world and has certified over 10,000 coaches globally.



Program Highlights

- Delivered by some of the foremost coaching experts in Asia.
- Interactive sessions that deepen your understanding of the ICF Core Competencies and bring your coaching to a higher proficiency level.
- Cost-effective due to an optimal combination of group and 1:1 mentor coaching sessions.

UPCOMING INTAKE

PROGRAM DATES

For upcoming program dates, please contact us (see below).

DELIVERY MODE

For your convenience, all sessions will be conducted virtually by zoom.

CONTACT

For further enquiries, please contact

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INVESTMENT

USD 1,400 / SGD 1,950 / HKD 11,500 / CNY 9,500 / INR 85,000

DEADLINES

We conduct numerous cohorts each year, registration is limited to 6 participants per cohort, first come-first served basis.

The International Corporate Coaching program is available in these locations:



Hong Kong



Kuala Lumpur



Mumbai



Shanghai



Singapore

www.progressu.com