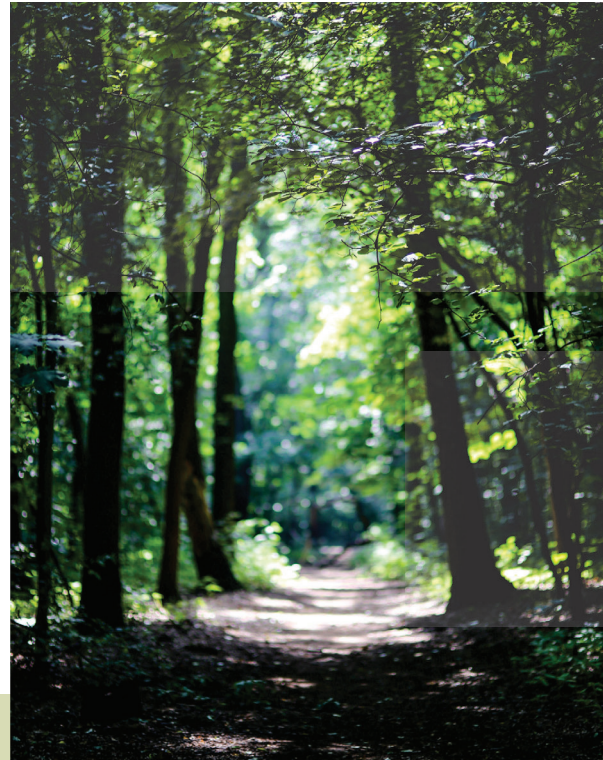


ICF Mentor Coaching Programme

Our ICF mentor coaching curriculum aims to elevate your coaching practice to its highest potential and align your skills and style with the ICF Core Competencies through a structured, collaborative and reflective approach.



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coaching



The sessions include:

- ICF core competency principles and practices
- Life coaching case scenarios for discussion and application
- Demonstration of coaching in the class with students for peer and mentor review
- Commentary and class discussion about the coaching process and outcomes.

This programme fulfils the 10 hours of coach mentoring required for your ICF Associated Certified Coach (ACC) credential application or ACC credential renewal.

Key benefits

- Understand & gain confidence in your ability to apply core ICF coaching competencies in your coaching practice
- Learn, develop and network with fellow coaches
- Be fully equipped to successfully achieve your ICF ACC credential
- 8 hours of group coach mentoring
- 3 hours of one-to-one coach mentoring
- Understand and apply the ICF Core Coaching Competencies
- Equips you for the ICF Coach Knowledge Assessment
- Support and feedback from ICF accredited coach mentors

HOW WE WORK

Full attendance at all group and individual webinar sessions is mandatory for successful completion of this programme. Candidates should be confident they will be able to attend all sessions when they confirm their place on their chosen cohort. Our programmes are delivered via Zoom.

◆ **5 x 1.5-hour group sessions (plus 30 mins initial onboarding)**

Group sessions are held on alternate weeks on Tuesday and Thursday evenings, between 5pm-7pm UK time, over a 3 month period. Occasionally a weekend session will be scheduled if class members request this and if it can be accommodated. Dates are provided for sign-up at the beginning of each programme and candidates are expected to prioritise their attendance.

◆ **3 x 1-hour individual sessions**

At least three hours of mentoring must be provided individually by a mentor who will review your coaching sessions and provide you specific feedback in line with the ICF core competencies. It is therefore important for you to contract with and secure permission from one or more of your clients to work with us on recordings of your work with them for your learning and development purposes. You will need to be actively coaching with at least one client for this process.



To prepare for our 1-on-1 mentoring sessions:

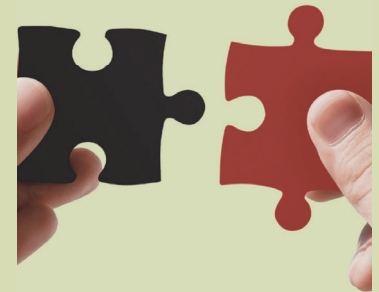
Obtain permission from two or three clients to record a total of three complete coaching sessions. A template can be provided for wording this if required.

Before scheduling a date for your 1:1 session, send your mentor one email containing:

- 1) a link to the recorded session (not the whole file),
- 2) a reviewed and corrected verbatim transcript with time stamps and labelled "Coach" and "Client", removing any reference to the client's identifying details, and
- 3) your rating of your session using the ACC criteria (you will be provided with a tip sheet for this).

The mentor coach will guide the session based on your demonstrated coaching and the ICF Core Competencies. While there isn't a fixed list, the discussions and questions typically centre on:

- **Application of Core Competencies:** Reviewing a specific coaching session to discuss where you effectively demonstrated the competencies and where there is room for growth (e.g., active listening, powerful questioning, or evoking awareness).
- **Coaching Practice and Mindset:** Exploration of your overall coaching practice, including your presence, beliefs, and how you show up for your client.
- **Challenging Situations:** Discussing difficult client situations, ethical dilemmas, or moments in a session where you felt stuck or unsure of your next move.
- **Contracting and Goals:** Reviewing how you initiate and contract client relationships, set clear goals for the engagement, and establish success measures for both you and your mentee.
- **Reflective Practice:** Questions that encourage you to self-reflect on your performance, such as:
 - "What was your intention in that moment, and what was the impact on the client?"
 - "What competency were you focusing on in that part of the session?"
 - "What new awareness did you gain from this session, and how will you apply it in your next one?"





FULL MENTOR
COACHING PROGRAMME

Full programme attendance
(5 group and 3 individual
sessions, totalling minimum 10
hours of mentor coaching time)

£1,375



ADDITIONAL MENTOR
COACHING SESSIONS

Additional individual mentor
coach sessions can be held with
our experienced coaches (price
per session)

£145

Payment options are available on request.

Important notes:

- Mentoring must take place over at least 3 full months, which means not a shorter period - allowing you an opportunity to practice based on feedback and development.
- The 3 months start from attendance of the first group session.
- Group sessions are held for a minimum of 3 and a maximum of 10 participants.

Ready to take the leap?

If you're ready to go ahead with one of our packages, contact us on the details below.

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