

# 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.

**Option 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”. This will be partly group mentoring and partly 1-1.

**Option Two** - This 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.

**Option Three** – This program will provide 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 prepare 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 20 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, a graduate of The Academy for Family Coach Training's Advanced Coaching Course (ACSTH approved) a graduate of the Coachville Intensive Coaching Program, a graduate of Sir John Whitmore's Transpersonal Coaching Intensive 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 was the Director of the Professional Standards Committee ICF Australasia and currently the Immediate Past President of the ICFA. I am also the co-ordinator of the Australasian Credential Support Program and a credentialed ICF Assessor. From 2007 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 sessions
- To develop an understanding of the ICF ACC & PCC minimum skill requirements
- 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. 3 x 2 <sup>1/2</sup> hour teleconferences, or live in person, sessions of small group (minimum 4 and no more than 8 people) unpacking the ICF core competencies, discussing ethics, client scenarios, live coaching, recorded with feedback **plus** 2 x 90 minute one to one mentor coaching sessions. This fulfils the ICF requirement for 10 hours of mentor coaching. Investment = \$1950.00 AUD +GST.
2. 10 x 60 minute one to one telephone mentoring sessions, unpacking the core competencies, discussing ethics, client scenarios live coaching (you provide a client) recorded with feedback. Investment = \$2800.00 AUD + GST
3. 4 x 1 hour teleconference sessions of small group live coaching, recorded with feedback – group no larger than four people. This only partially fulfils the ICF requirement. Investment + \$595 AUD +GST

## 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*

*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*

*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. New York City March 2009*

*The mentor coaching sessions were an amazing learning experience. Not only did she listen deeply and ask powerful questions that deepened my learning and moved me forward but she assisted with blockages that I had not previously identified in myself and were able to overcome to become an even better coach. Her knowledge, insight and expertise is invaluable and she is so generous with her time and her tools! I could not have asked for a better experience.* Jacqui Pollock. Sydney, Australia. November 2010

*Tracy has been an incredible mentor coach. She is sharp, honest, supportive and very generous with her knowledge and resources. Her deep listening and questioning allowed me to look honestly at myself and recognize the mistakes that I was making. Her support and guidance helped me to come up with solutions to some challenging client situations. I learned a great deal by working with Tracy, who was always willing to share countless tips, ideas, questions, perspective, and material with me. Working with Tracy has given me more confidence as a coach and a clearer awareness of my approach to coaching. I recommend her to anyone who wants to grow or make significant changes in their lives, both personally and professionally.* Janette Sassoon. Jerusalem April 2011

*Tracy is a great mentor coach! I was able to get started on my coaching and she provided me with many pointers to improve on my coaching through listening on my taped coaching sessions. She is very detailed in analysing my strengths and weakness, and now I am more aware of how I coach. Thank you Tracy!* Michael Koh. Singapore June 2011

*Tracy has an immense amount of coaching experience which she happily shared with me in our mentor relationship. I thoroughly enjoyed and was challenged by the mentor program. I am confident that I am a better coach as a result of having had Tracy as my mentor.* Kimberly Luffman Nov 2012

*I really enjoyed the process of mentoring with Tracy. I found her feedback and approach to be direct, warm and very supportive. She was able to improve my coaching ability in four short sessions and open my awareness on how to work with my Clients (and myself) much better. Looking forward to receiving my ACC!* LM May 2013

*Tracy, I can't thank you enough for your guidance and support with mentor coaching for my credential application. Your wisdom, gentle approach and very relevant feedback has helped me become a much better coach. Thank you!* MB Melbourne Feb 2014

*Tracy is an excellent mentor coach. She helped clarify the level of coaching competency required for ACC and provided insightful feedback on practice coaching sessions. Her experience with the ICF Certification process as Past President of ICF Australasia and Director of Professional Standards was invaluable.* Graeme Reid April 2015

*I would like to thank Tracy for mentoring a group of us at ACAP. Firstly I would have to commend her capacity to manage a group of our size and to manage that ever so calmly. I like the way she took us through the competencies and explained them in detail, drawing on examples to illustrate them further. Finally, in our one on one session where she provided me with feedback on my recording of a coaching session, she was both supportive and challenging. That is, she provided me with feedback that highlighted my strengths as well as feedback that helped me see where growth is possible. Thank you Tracy.* Despina Safinkos ACAP June 2015

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

*Tracy Tresidder*

**Past President ICF Australasia  
ICF Assessor  
ICF Registered Mentor  
2009 ICF NSW Coach of the Year**

