

**Level 1: Coach Leader Foundation x 3 days**  
**Level 2: Coach Leader Advanced x 2 days**  
**Facilitated by two ICF PCC coaches.**



**Coach skills training program designed for Leaders, Coaches & HR Professionals from nursing to policing, from teaching to HR - for every aspect of leadership requiring the essential skills to engage with and lead people.**

**Leaders:** For leaders and managers of people, growth, innovation and culture; senior leaders, managers, emerging leaders and high potential staff. In a time where the norm is doing more with less, leadership requires growing and developing others, being innovative and managing change through enabling and empowering others. Not everyone wants to become a professional coach yet you will benefit from quality training aligned to an international professional standard of coach competencies.

**Coaches:** Whether new to coaching, or an experienced coach looking toward an International Coach Federation (ICF) credential or an internal coach wanting to expand coaching skills for more career possibilities. Develop skills and confidence in coaching styles to coach others and build professional development hours or move toward ICF credentials.



## Coaching is how we lead.

### How Coach Studio ensures integrity in coach training.

Coach Studio believes that professional development for leaders and practitioners should be by professional coaches with leadership experience. Our programs are designed for effective learning and embedding the coaching skills in organisations. Embedding begins with design and experienced facilitation by our coaches along with a highly supportive co-learning environment during the program and after.

Our coach facilitators are International Coach Federation (ICF) credentialed coaches, highly experienced as coaches and leaders, bring international best practice to the table and remain committed their own professional development to bring leading edge skills and knowledge to coaching.

- The program is aligned and grounded in ICF core competencies and ethics giving assurance of an international professional standard.

- We facilitate learning, demonstrate and support putting skills into practice with no complicated theory.
- Our programs are designed to provide step by step and skill by skill learning.
- Our models have simplicity, depth and rigor
- Spaced learning and highly practical enabling learners to be fully engaged in a co-operative learning style.
- Strengths focused approach.
- Coach practice using current real work issues - no role plays.
- Post program webinars to connect with best practice and further imbed the learning using the 70:20:10 learning model.

## About the Program

The program consists of Level 1 (Foundation) and Level 2 (Advanced) along with pre-work and virtual sessions in addition to each workshop. The program is facilitated by, not one, but two internationally experienced leadership coaches / trainers who are credentialed with the International Coach Federation (ICF) at the PCC level to develop coaching competency, capability and capacity.

You will work with real workplace scenarios drawn from your unique business environment and leadership challenges for skills practice in a safe and supported learning environment. Attendees typically come away re-ignited with their leadership purpose and passion.

Our program is highly experiential and covers formal, informal and coaching in the moment models along with a stack of tools to implement back in the workplace. Learning is designed in a way that builds confidence and courage each step of the way.

## Open Enrolment Program Dates

**Adelaide: venue near CBD**

### 2019

Level 1 – 3 days:  
30 & 31 October and 1 November 2019

Level 2 – 2 days:  
9 & 10 December 2019

### 2020

Level 1 – 3 days:  
26, 27 & 28 February 2020

Level 2 – 2 days:  
2 & 3 April 2020

*The program can also be offered in-house.*

## Level 1 (Foundation) Overview

### TWO DAY WORKSHOP

#### LEVEL 1 PROGRAM COMPONENTS



#### DAY 1

- What's coaching and what it isn't – coaching defined
- Core coach competencies
- Coaching models
- Coaching demonstration
- Solution focused
- Deep listening
- Time to think
- Speak like a coach
- Smart goals
- Practice skills sessions throughout the day with feedback

#### DAY 2

- Value of check-in
- Your true colours
- Emotional agility & neuroscience
- Psychological safety
- Effective coaching questions
- Creative tension
- Acknowledgement in coaching
- Holding accountability
- Coaching in the moment
- Practice skills sessions throughout the day with feedback

#### DAY 3

- Value of check-in
- Being present with mindfulness
- Core coaching competencies
- Partnering conversation
- Tough conversations
- Coaching topics
- Practice skills practice throughout the day with feedback
- Field work set up

## Level 2 (Advanced) Overview

(Level 1 is a pre-requisite for Level 2).

### TWO DAY WORKSHOP

#### LEVEL 2 PROGRAM COMPONENTS



#### DAY 1

- Contracting deep dive
- Core competencies expanded
- Tough conversations deep dive
- Reframing
- The change pathway
- Personal resourcefulness
- Discomfort zone
- Accountability
- ICF Code of Ethics
- Action planning
- Extended skills practice throughout the day with feedback

#### DAY 2

- Vision and purpose coaching
- Architecture of good questions
- Resistance & barriers
- Giving and receiving quality feedback
- Coaching vs performance management
- Coaching in culturally diverse environments
- Set up peer coaching groups
- Coach development plan
- Next steps
- Extended skills practice with written feedback

#### PROGRAM COMPONENTS

**Pre-work:** reading and exercises email prior to the workshop – approximately 1.5 hours.

**Workshop days:** Level 1 = 3 days, Level 2 = 2 days

**Peer Coaching Groups:** self directed and documented coaching sessions with peers along with reflective practice.

**Field Work:** consists of documented coaching sessions.

**Coaching in Action:** virtual group sessions post workshop via Zoom for debrief, supervision and mentoring from your practice sessions.

## Investment:

### LEVEL 1:

Individual Registration  
\$2,050 per person +GST

Corporate Group (4 or more attendees)  
\$1,950 per person +GST

### LEVEL 2:

Individual Registration  
\$1,850 per person +GST

Corporate Group (4 or more attendees)  
\$1,750 per person +GST

### LEVEL 1 & 2 PAID TOGETHER:

Individual \$3,700 per person +GST

Corporate Group (4 or more attendees)  
\$3,500 per person +GST

### Investment includes:

- Comprehensive workbook
- Pre-work material, workshop days & virtual sessions
- Two highly experienced coach trainers with ICF PCC credentials
- Level 2 includes addition two ICF credentialed coaches assisting
- Coach Studio certificate upon completion
- Lunch and refreshments at workshop days

### Payment by instalments:

- Available upon request.
- \$100 + gst admin fee will apply to payment by instalments

### Cancellation Policy:

- Your payment secures your place and is required in full before commencement.
- All cancellations/transfers must be received in writing to [hello@coachstudio.com.au](mailto:hello@coachstudio.com.au)
- Refunds will not be given unless at least 20 working days notice prior to program commencement.
- 10% of total cost will be deducted for admin costs on refunds.

Coach Studio reserves the right to change pricing for future programs.

## What our participants say:

*“Action packed 3 days but with plenty of reflection / feedback time and opportunity to embed the learning. Rarely get that opportunity in other training. Very positive, affirming, encouraging, supportive, constructive - with clear methodology and process that was engaging, challenging and acknowledging of attendees. Inta and Julie are 100% committed to the benefits of coaching and how it can benefit others and sometimes transform lives. Their enthusiasm is infectious and motivating.”*

*“Rich and insightful! I have learnt so much had so many insights, discovered more about myself and developed new skills. Both Inta and Julie are incredibly knowledgeable and so generous with sharing their wisdom. Both maintained great energy throughout and I enjoyed their humour and honesty.”*

*“Especially value the simple yet powerful models. The coaching model is fabulous; very helpful and it works so well. Both are excellent facilitators, excellent communication, rapport, pace, clarity and time for exploration. Great having two facilitators.”*

## In-house Program

In-house programs can be tailored and co-branded to meet your needs.

For enquiries please contact: [hello@coachstudio.com.au](mailto:hello@coachstudio.com.au)

## Creating great coaches and leaders.

Develop robust coaching skills to a level which could achieve an ICF ACC credential.

Level 1 & 2 provides 61 hours of coach specific training over 4 months.

This program has ICF accreditation pending for ASCTH and ICF will grandfather the people in from the program upon accreditation.

ICF credential is a separate application process requiring further investment of:

- + 10 hours mentoring\* + 100 hours logged coaching + Coach Knowledge Assessment
- + Recorded and transcribed coaching session

\*10 hours mentoring is offered by Coach Studio either virtually or in-person.

For enquiries contact [hello@coachstudio.com.au](mailto:hello@coachstudio.com.au)

## Our Leadership Coach Facilitators



**Inta Sellick, PCC, Head Coach**  
Leadership Coach,  
Facilitator and ICF Mentor Coach

**Inta is a Professional Certified Coach (PCC) with the International Coach Federation (ICF, since 2009). She is a leadership coach, team coach, facilitator, trainer and an ICF mentor coach for global credentials for ACC and PCC coaches. For over 5 years has held the ICF Australasia roles as Director Australia, ICFSA President and Professional Standards Committee member. With over 1,000 coach hours and 18 years experience in training and coaching her work focuses on developing and growing leaders and coaches across Asia Pacific region.**

Inta delivers results with her clients and is known as a wise, inspiring, passionate and knowledgeable coach and trainer who has real integrity. As a transformational coach with a strengths based approach she has the ability to gently stretch people out of their comfort zones to discover what they are truly capable of.

Inta is the Founding Director and Principal Coach of Coach Studio Pty. Ltd. and co-creator of Leader Coach and Spread Your Coaching Wings providing high quality coach training and mentor programs. Her experience spans over diverse corporate, multi-national, government and NFP sectors in healthcare, education, transport, manufacturing, legal, tv/arts industries to mention a few. She has held Associate Coach roles with Swinburne University, Coach in a Box and Nautilus Leadership as coach trainer and leadership coach.

**Qualifications:** Professional Certified Coach since 2013 with the ICF, ICF mentor coach, Graduate Coach and Executive Coach with Results Coaching Systems now NLG, Team Coaching Training with David Clutterbuck and Tammy Turner and accredited in The Leadership Circle.

**Growing Coaches.** Inta's philosophy encourages powerful purpose, collaboration and empowerment and walks her talk through her contribution to World Youth International as head coach and team leader trainer and to SHE (Support Her Enterprise) in Cambodia by leading coach study tours for coaches volunteering in Cambodia. Inta was invited to represent Australasia in ICF's Credential Legacy video series.

[www.youtube.com/watch?v=JTXn88bBEgo](http://www.youtube.com/watch?v=JTXn88bBEgo)



**Julie Lines, MBA PCC**  
Leadership Coach,  
ICF Mentor Coach, Facilitator

**Julie is a sought-after organisational coach, who offers a combination of high-level coaching qualifications and a deep understanding of the challenges faced by leaders. She has managed teams of varying sizes and held executive and internal coaching roles in a tertiary management career spanning 25 years and three Australian universities.**

Now a full-time leadership coach, Julie works with clients across the Asia-Pacific region and works with individuals and groups at all levels in large and small organisations. She is a credentialed coach with the International Coach Federation (ICF) and Immediate Past-President of ICF's South Australia Branch.

As a transformational coach Julie is challenging and persistent, but in a supportive way. She helps her clients to clarify their thinking, find their own solutions and develop strategies they are committed to... then she inspires the determination required to make changes and become what they want to be. The measurable result from Julie's coaching is a shift in attitude and behaviour: real transformational change.

**Qualifications:** Professional Certified Coach (PCC) with the ICF and an Accredited Organisational Coach with the Institute of Executive Coaching and Leadership. She holds a Master of Business Administration (Executive) and a Bachelor of Arts (Sociology) from the University of Queensland, along with a Diploma in Human Resource Management and a Certificate in Positive Psychology.

**Commitment to the Profession:** Julie is Immediate Past-President of the ICF's South Australia Branch. Prior to her term as President, Julie was the Membership Leader. She is a registered Mentor Coach with the ICF and engages in regular Supervision/Mentoring with a higher qualified coach as part of her continuing professional development.

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### Our Facilitators/Trainers and Coaches:

All our facilitators/trainers are highly qualified coaches with leadership experience, credentialed with ICF and abide by their Code of Ethics. All have been chosen for their heart, passion and grit for coaching to ensure you are well supported in your learning journey but also challenged, inspired and even stretched when you want to be. Meet our crew of coaches at [www.coachstudio.com.au](http://www.coachstudio.com.au)

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**We look forward to having you join us on your coaching journey!**



**Enquires and enrolments:**

[hello@coachstudio.com.au](mailto:hello@coachstudio.com.au)

or call Inta Sellick on **+61 (0) 413 805 604**

[www.coachstudio.com.au](http://www.coachstudio.com.au)

