

# Coach Leader Training

## 2022 Open public program – in-person

**Designed with leaders, organisational coaches and HR professionals in mind. Our open public program is in-person for the workshop days combined with added virtual hours because we know from experience that the most effective and enjoyable learning is highly interactive, practical and focused on a meaningful learning experience for each person.**

Coach Leader Training an International Coaching Federation (ICF) accredited coach training program which means our program provides 61 hours of coach specific training that meets the training hours requirements for ICF membership and ICF coach credentialing. Upon completion of our program you will receive a coaching certificate and become a member of our alumni community of coaches.

Designed for internal and external consultants, organisational coaches, HR professionals and leaders and managers (seasoned and emerging) of people for growth, managing change, innovation and agility. Integrating coaching skills enables you to become a more effective leader, feel more confident in your communication style, reach your objectives, and empower, grow and inspire your team more than ever before.

- Hone your leadership impact by developing skills such as emotional agility, presence, listening actively and managing tough conversations.
- Develop your self awareness and your natural coaching style
- Improve performance, engagement, accountability and ability to navigate change in your employees.
- Develop your team's performance and a coaching culture in your organisation.
- Make a positive difference in all aspects of your personal leadership, community and society.

**Coaching is how we lead .....  
for development, growth and impact.**

Our team of coach facilitators are professional coaches with leadership experience who bring international experience and best practice to coaching and stay committed to their own professional development to bring leading edge skills and knowledge to coach training.

- The program is firmly grounded in the ICF latest core competencies and ethics providing assurance and credibility of the international professional standards of coach training.
- We provide step by step and skill by skill learning in a highly experiential environment without complicated theory.
- We develop confidence to coach along with coaching skills so you are coaching back in your workplace straight away.
- All our models have simplicity with depth and rigor.
- We use and model a strengths based approach.
- We provide a safe and unique learning experience.
- In practice sessions we use current real work issues, there are no role plays.
- Post workshop we provide mentoring and supervision in our virtual sessions.

## About the Program

We have thoughtfully designed the program from industry best practice in a way that builds confidence and courage each step of the way. We work with real workplace scenarios drawn from your unique business environment and leadership challenges for skills practice that is a safe, confidential and individually supported learning environment. Our participants typically come away being re-inspired with their leadership purpose and for many it's life and career transforming.

In addition to the program we offer group and individual mentor coaching for ICF credentialing as a day retreat. Contact us for further information.

## Program components

The full program provides 61 hours of coach training over four months consisting of:

- **Setting You Up for Success:** one hour virtual preparation.
- **Pre-work:** reading material prior to the workshop.
- **Workshop Level 1:** 3 days
- **Workshop Level 2:** 3 days
- **Peer Coaching Groups:** self directed and documented coaching practice sessions and reflective practice.
- **Field Work:** documented coaching sessions
- **Coaching in Action:** virtual group sessions via Zoom. Debrief, supervision and mentoring.

## 2022 Adelaide Program Dates

Venue: The Monastery Retreat and Conference Centre, 15 Cross Road, Glen Osmond SA

**Level 1: 29, 30 & 31 August**

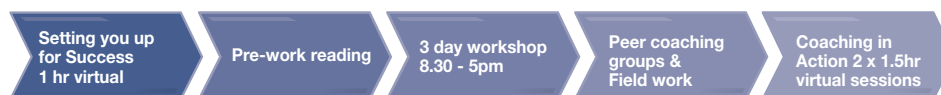
**Level 2: 24 & 25 October**

See below for full components.

## Level 1 (Foundation) Overview

**THREE DAY WORKSHOP +  
2 x 1.5 hr virtual sessions.**

### 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
- Creating awareness
- Coach mindset
- 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 +  
3 x 1.5 hr virtual sessions.**

### LEVEL 2 PROGRAM COMPONENTS



#### DAY 1

- Contracting deep dive
- Core competencies expanded
- 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
- Purposeful 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

## Investment:

EARLY BIRDS BEFORE 31 MAY 2022	LATE RISERS FROM 1 JUNE 2022	INVESTMENT DETAILS
<b>LEVEL 1:</b> Individual Registration \$2,250 + gst per person  Register with a friend or colleague, then it's \$2,100 + gst each	<b>LEVEL 1:</b> Individual registration \$2,475 + gst per person  Register with friend/ colleague \$2,325 + gst	<b>Investment includes:</b> <ul style="list-style-type: none"><li>• Comprehensive workbook</li><li>• Pre-work material, workshop days &amp; virtual sessions</li><li>• Two highly experienced coach trainers with ICF credentials</li><li>• Level 2 includes additional ICF credentialed mentor coaches</li><li>• Coach Studio certificate upon completion</li><li>• Lunch and refreshments at workshop days</li></ul>
<b>LEVEL 2:</b> Individual Registration \$1,950 + gst per person  Register with a friend or colleague, then it's \$1,850 + gst each	<b>LEVEL 2:</b> Individual registration \$2,150 + gst per person  Register with friend/ colleague \$2,050 + gst	<b>Payment by instalments:</b> <ul style="list-style-type: none"><li>• Available upon request.</li><li>• \$100 + gst admin fee will apply to payment by instalments</li></ul>
<b>LEVEL 1 &amp; 2 PAID TOGETHER:</b> Individual \$4,100 + gst  With a friend or colleague, \$3,850 + gst each	<b>LEVEL 1 &amp; 2 PAID TOGETHER:</b> Individual \$4,510 + gst  Register with friend or colleague \$4,310 + gst	<b>Cancellation Policy:</b> <ul style="list-style-type: none"><li>• Your payment secures your place and is required in full before commencement.</li><li>• All cancellations/transfers must be received in writing to hello@coachstudio.com.au</li><li>• Refunds will not be given unless at least 20 working days notice prior to program commencement.</li><li>• 10% of total cost will be deducted for admin costs on refunds.</li><li>• Full policy information available.</li></ul>

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

## What our participants say:

*"Action packed 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. The facilitators 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. The facilitators 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."*

**Coach Studio is accredited by the International Coaching Federation and aligned with their Code of Ethics. We specialise in providing coach skills training and leadership coaching by our team of professional coaches across Australia. We provide customised programs to meet your needs and will partner with you in co-creating and co-branding.**

## In-house Programs

We offer the same high professional standard in our in-house Leader as Coach as two or three daily workshops customised to your needs. Supporting your staff development for improved communication, adaptability, collaboration, enhanced well-being and courageous leadership.

## Leadership Coaching

Supporting leaders to enhance leadership skills, wellbeing and performance. For further information we won't direct you to fill out forms or dig through a website, just give us a call.

## 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 Coaching Federation and Founding Director of Coach Studio Pty Ltd. She is a mainly experienced leadership coach, team coach, facilitator, trainer and an ICF mentor coach.



For over 5 years Inta has held the ICF Australasia roles as Director Australia, ICFSA President, Professional Standards Committee member and represented SA at ICF Global Leadership Forums. With over 1,000 coach hours and 18 years experience in leadership and coaching, her work focuses on developing the potential of leaders and coaches globally.

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 and international coaching organisations as coach trainer and leadership coach.

**Qualifications:** Professional Certified Coach since 2013 with ICF, ICF mentor coach, Graduate & Executive Coaching Training with Results Coaching Systems (NeuroLeadership Group), certified Team Coach and accredited in The Leadership Circle framework.

**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)

### Megan Fraser, ACC

Leadership Coach, Coach Supervisor, Coach Mentor, Facilitator

Megan is a Leadership Coach who combines qualifications in coaching, organisation development and lived experience of leading teams, along with working with people in complex global business environments to her coaching practice.

With a background in sales and operations, leadership development, leading change efforts and strategy setting in executive roles, she has developed an understanding of the real challenges that face teams, leaders and individuals.

Megan has applied this experience in a range of settings including global corporate organisations, software engineering, education, manufacturing, defence, aged care and small business.

Megan works with leaders and individuals to cut through complexity and get to the heart of the matter allowing new outcomes to be developed and a renewed direction to be established. Megan has an interest in supporting those who are moving through leadership transitions, high potential development and those who are seeking a career reset and refocus.

As Lead Coach in an organisational setting, Megan developed internal coaches, managed coaching standards, coach mentoring and supervision, managed the strategic coaching framework and worked to establish a culture where coaching was a lived part of the organisation's leadership approach.

As a facilitator she is engaging and has developed the ability of making the complex appear simple through working with people in a way that allows understanding of new concepts and then the application of insights gained.

**Qualifications:** Associate Certified Coach (ACC) since 2013 with ICF and is an Accredited Organisational Coach with the Institute of Executive Coaching and Leadership. She has certificates in Coach Supervision, Team Coaching and Career Coaching. Megan holds a Masters of Applied Science (Innovation and Service Management), Bachelor of Education (Adult/Workplace Learning), Certificate IV and Diploma Training & Assessment, and is an accredited Human Synergistics LSI, PROSIC Change Management, DDI Facilitator. She is committed to professional development and on-going learning.

**Coaching Leadership:** Megan has held roles as President of the ICF's South Australia Branch, supporting the South Australian coaching community along with representing ICF South Australia at Global Leadership Forums. Prior to her term as President she was a member of the ICF Leadership team, designing impactful coach development options during her term.

## Our Facilitators/Trainers and Coaches:

All our facilitators/trainers are highly qualified coaches with leadership experience, credentialed with ICF and abide by ICF 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)



### ENQUIRIES AND ENROLMENTS:

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