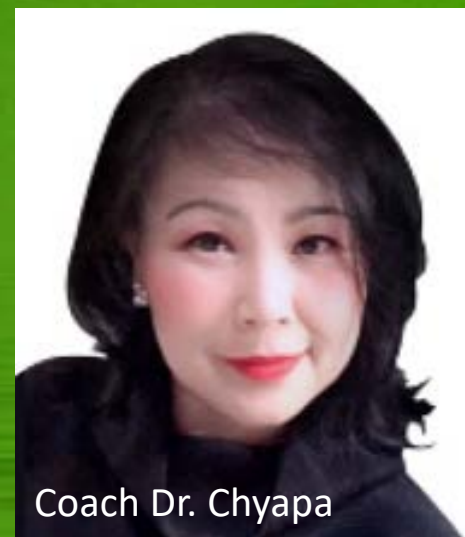


ICF Mentor Coaching Program for ACC Level 1

Mentor Coaching provides professional assistance in achieving and demonstrating the level of coaching competency and capability demanded by the desired credential level.



Coach Dr. Chyapa

What is Mentor Coaching ?

Mentor Coaching is a program that is required for an ICF credentialing process to be an Associate Certified Coach (ACC). It consists of coaching and feedback in a collaborative, appreciative and dialogued process based on an observed or recorded coaching session to increase the coach's capability in coaching and aligning with ICF Ethics and Core Coaching Competencies.



The ICF Mentor Coach is trustworthy with the ability to connect with the mentee in terms of chemistry and compatibility. The Mentor is able to encourage the mentee to reach beyond the initial feelings of possibility, broadening the creative process and demonstrate equal partnership by opening, vulnerable and willing to take appropriate risks.

Individual and Group Mentor Coaching

One Mentor Coaching Program consists of a 10 mentoring hours with a minimum of 3 hours in a form of one-on-one session with the mentor coach and a minimum of 7 hours in a form of group session. The duration of program must be at least 3 months prior to application submission date.

Initial Credentialing candidates on the ACC Level 1 and the ACC Renewal are required to participate in this Mentor Coaching Program.

Mentor Coaching Duties and Competencies

1. Model effective initiation and contracting of client relationship
2. Explore fully with a potential mentee what they are looking to achieve
3. Ensure both are clear about the purpose of the mentoring
4. Establish measures of success in partnership with the mentee
5. Fully discuss fees, time frame, and other aspects of a Mentor Coaching relationship
6. Inform the mentee regarding all aspects of the ICF Code of Ethics
7. Inform the mentee of the availability of the Ethical Conduct Review Board
8. Support mentee self-confidence by encouraging potential mentees to interview more than one mentor coach candidate in order to find the best match
9. Make no guarantee to the mentee that as a result of the mentoring the mentee will obtain the credential level s/he is seeking
10. Focus on core competency development by reviewing and providing oral and written feedback on a series of the mentee's coaching sessions a. These sessions are to be conducted one at a time, with a feedback session between each one, giving enough time between sessions to allow for incorporation of the mentee's learning and development.
11. Provide specific verbal and/or written feedback, using targeted examples from the sessions so that:
 - a. The mentee will know exactly what s/he is doing well.
 - b. The mentee understands what needs to be done to develop a deeper level of mastery in coaching.
12. Demonstrate that s/he is learning about the mentee at many levels at once and is able to hold all of that in the context of:
 - a. Who the mentee is
 - b. What the mentee is seeking
 - c. Honoring the mentee's unique style

Mentor Coaching Program will support you on :



- Explore your niche
- Increase your confidence
- Highlight your coaching strategy
- Enhance your coaching competency
- Reflect your coaching for development
- Identify your coaching blind spots in
 - Mindfulness
 - Trust building
 - Active listening
 - Powerful questioning
 - Key Point Summarizing
- Prepare for ICF application on ACC qualification

The Program includes :

- 10 Hours of mentoring to meet ICF requirements
 - 7 x 1 hour group sessions
 - 3 x 1 hour individual sessions
- Debrief on ICF ethics and core coaching competencies
- Understand ICF requirements for ACC certification
- Strategy for coaching conversations
- Reflect on coaching conversations among group
- 6 x 1 hour for peer coaching practices
- 3 x 1 hour recorded coaching for individual feedback and feed forward
- 1 x 30-60 minutes recorded coaching for ICF submission
- Feedback on the areas for overall development
- Exercise on how to sharpen coaching skill
- Tips for ACC application submission

ICF Core Competencies

1. Demonstrates Ethical Practices
2. Embodies a Coaching Mindset
3. Establishes and Maintains Agreements
4. Cultivates Trust and Safety
5. Maintains Presence
6. Listens Actively
7. Evokes Awareness
8. Facilitates Clients Growth

Program Structure

Group Sessions (7 hours)

- 1 : Debrief on ICF ethics, core competencies and coaching mindset
- 2 : Explain on establishing agreement and coaching log
- 3 : Technics on cultivating trust and safety
- 4 : Create a deeper level of concentration and awareness
- 5 : Exercise on deep listening and key points summarizing
- 6 : Exercise on asking powerful questions and reframing conversations
- 7 : Facilitate on progression with feedback, feed forward technics and exploring clients' key learning and growth

Individual Sessions (3 hours)

- Session 1 : Specific feedback on areas of strength and development (before the program starts)
- Session 2 : Specific feedback on areas of strength and development (mid point of the program)
- Session 3 : Specific feedback on areas of strength and development (after completion of the program)





Executive Coach & Trainer

Coach KC : Dr. Chyapa Bhiromnam
Founder and Director : CoachPlus Academy
Credentialed Coach from global leading institutes

Credentials



- Professional Certified Coach (PCC) International Coaching Federation, USA
- Certified Executive Coach : MGSCC : Marshall Goldsmith, USA
- Certified Team Coach : Marshall Goldsmith, USA
- EQ Coach, EQ Assessor, Brain Profile : Six Seconds, USA
- Career & Executive Coach : Goal Imagery Institute, USA
- NLP Coach : International Trainers Academy of NLP, USA
- Enneagram Coach : Thailand Coaching Institute
- Success Coach : Michael Bolduc International, USA
- Consultant : Core Values & Corporate Culture : CEO Sage, USA
- Search Inside Yourself : Search Inside Yourself Leadership Institute, USA
- Unleash The Power Within 2561 : Tony Robbins – World # 1 Coach, USA
- Introduction of Psychology : Yale Institute, USA
- Conflict Transformation : King Prajadhipok’s Institute
- Professional Coach Certification Program : TCI
- Brain-Based Coaching : TCI
- Positive Psychology Coaching : TCI
- Group Coaching and Team Coaching : TCI
- Creating A Strong Coaching Culture : TCI

President

ICF Bangkok Charter Chapter : Year 2019



CoachPlus Academy : Academy of Inspiration

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Mission : Transforming People For Their Best

We provide a turnkey solution for People Development

Coaching – Mentoring – Training – Consulting



**CoachPlus
Academy**

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