

## Mastery in Coaching

Significantly enhance your coaching impact! This training program is designed for 1) **leaders and HR professionals** who are developing their understanding of coaching and building their skills, and 2) **new or experienced coaches** who are ready to deepen their practice of the core coaching competencies as part of qualifying for their next level of accreditation with the International Coaching Federation (ICF).

### About the Program

As coaches, leaders and development practitioners, we are continually building our skills and deepening our practice of coaching competencies to provide more meaningful impact that supports and empowers the people we serve. This course is designed to support you by helping you learn, practice, integrate and demonstrate core coaching competencies as defined by the ICF and review the ethics and standards of coaching to set you up for success on your coaching journey.

- The exercises, practices and concepts discussed during training are sequenced according to adult education principles to deepen and accelerate your learning.
- Eight coaching competency modules are explored in segments where you will discuss theory and explore ICF requirements, observe demonstrations by a PCC coach, have ample opportunity to practice the skills, receive real-time feedback, reflect on what you are learning and become more intentional about how you can apply this learning going forward.
- Course materials are delivered to ensure the learning and application of coaching is relevant, meaningful and applicable in a variety of contexts (i.e. leaders as coaches, professional coaches, and specialized professionals who want to apply coaching skills and principles in their roles).
- During the course you will actively focus on skills practice. This will equip you to coach with the confidence and credibility that comes from a greater understanding and supervised practice.

### What to Expect

- Five, 4-hour sessions designed to strengthen your current skills, help you integrate your learning at new levels, and demonstrate greater proficiency as a result.
- Enhanced coaching impact and preparation for your ACC or PCC accreditation process.
- A comprehensive Participant Workbook and additional resource materials.
- An opportunity to learn alongside other coaches, leaders and HR professionals.
- Instructional feedback and support by an experienced PCC coach.
- An evaluation of your coaching abilities and feedback on your areas for improvement.
- Understanding of the ICF's accreditation process for all levels.

## Your Facilitator

**SOPHIE BONNEAU**, MA, PCC (she/her)  
Executive Coach, Mentor & Facilitator  
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<https://www.linkedin.com/in/sophiebonneau>



As a people and culture specialist, Sophie brings 15 years of experience supporting and elevating people-focused strategies in organizations, including leadership development and employee engagement. She has worked as both an internal and external ICF certified coach for 9 years, effectively supporting the personal and professional development of high potentials, senior leaders and executives through one-on-one coaching and facilitating group leadership sessions.

As a mentor coach and facilitator, Sophie has fostered the learning of many aspiring coaches, providing training, mentorship and meaningful feedback through various webinars and coach training programs, including Mastery in Coaching. She has provided mentor coaching assessments and comprehensive feedback to over 85 coaches working towards their coach training and accreditation.

## Logistics & Pricing

**Session Dates:** September 7 to October 5, 2023 | Weekly, on Thursdays from 9am to 1pm MST  
**Location:** Interactive virtual sessions via **Zoom** - 5, 4-hour sessions  
**Your Facilitator:** Sophie Bonneau, MA, PCC  
**Fees:** **Option A:** \$1,695 + GST (MIC Program)  
**Option B:** \$2,495 + GST (MIC and 3 additional 60-minute 1:1 mentor sessions)  
**This program qualifies for the Canada Job Grant**

This program provides 22 ICF Continuing Coach Education credits (CCEs) in Core Competencies, 2 CCE Credits in the area of Resource Development and 7 group mentor coaching hours required for ICF accreditation



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