

Mentor Coach Training Programme Modules



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Self study: Resource: Mentor Coaching: A Practical Guide

Chapter 1-14

1.5 hours

Complete before masterclasses start

Chapter 15,16

20 mins

Complete before workshops start

Chapter 17,19

20 mins

Complete during workshop phase

Access to 1-1 templates

Complete by Business Development for Mentor Coaching session

Masterclasses

Month 1 - 2

Getting to know all the new ICF competencies

8 x 75 min virtual sessions

Differences between ACC & PCC

75 mins virtual

Month 4

Groups Masterclass & Business Development for Mentor Coaching

3 hours virtual

Self reflection & practicals

How will you adapt the way that you approach mentor coaching as a result of the reading?
(Complete before masterclasses)

How did each masterclass enhance your application of the competency?
(Complete before workshops)

Transcribe and listen to two of your own coaching recordings and assess yourself against each competency.
(Complete before workshops)

5 hours

Month 4-6

Mentor coach 2 people 1-1 virtually

3 sessions over 3 months

Review 2 session recordings.

Notice how you:

- managed feedback
- enabled it to be heard
- worked virtually
- used the competencies

4 hours

Practicals & Workshops

Month 1-2

Experience virtual 1-1 mentor coaching with Clare

Listen to 2 mentor coaching recordings

2.5 hours

Month 3

Creating a safe 1-1 space (trust and safety, coaching presence);

Managing the feedback process (evoking awareness);

Practice 1-1 virtual mentor coaching with feedback (all comps)

3.5 hours

Enabling feedback to be heard (evoking awareness)

Practice 1-1 virtual mentor coaching with feedback (all comps)

3.5 hours

Practice

1-1 virtual mentor coaching with feedback (all comps)

3.5 hours

Practice

1-1 virtual mentor coaching with feedback (all comps)

3.5 hours

