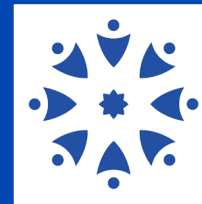


ICF Mentor Coaching Program



BERKELEY
EXECUTIVE
COACHING
INSTITUTE

Exclusively designed for ECI alumni, this three-month-long program is designed to support our participants in obtaining their International Coaching Federation Credential (ACC, PCC) through ICF's Portfolio Path.

Incorporating BECI's signature combination of heart & meaning and rigorous coaching practice, BECI's ICF Mentor coaching program will:

- Fulfill 10 Mentoring Hours for ICF Certification
- Prepare participants to complete ICF requirements
- Strengthen our collective coaching practice

Participants will elevate their coaching by drawing parallels between ICF's Core Competencies and BECI's coaching methodology, fostering a deeper connection to the skills and practice of coaching. By integrating self-assessment and constructive feedback, participants will build confidence in their coaching and ability to pass ICF's certification requirements.

Program Outline

Individual Coaching Sessions:

- Over the course of 3 hours, your ICF Mentor Coach will work with you 1:1 to help you integrate the ICF core competencies into your coaching practice; review a transcript and audio recording of a coaching session and provide written feedback; talk through your self assessment; and provide accountability in submitting your materials for ICF certification through the Portfolio Path.

Mentor Group Session 1:

- Community Learning Agreements: Together, we'll establish a set of community learning agreements to ensure a collaborative and respectful learning environment for all.
- Pathway Review and Confirmation: We'll review the ICF pathways and determine which one aligns with your goals and aspirations, as well as deep dive into the program requirements to ensure you have a clear understanding of what's expected.
- Ethical Considerations: We'll discuss various scenarios, exploring how they align with your personal values, the BECI methodology, and ICF's code of ethics.
- Strengths Assessment: Take a closer look at your strengths and areas for growth. Identifying your learning edge will be a key step in your development. You'll gain clarity on how ICF and BECI are aligned, while also addressing any areas where alignment may be less straightforward.
- Homework Assignment: Your homework assignment is to kickstart the application process.

ICF Mentor Coaching Program Faculty



Program design and delivery by ECI Lead Faculty Reba Rose and Praew Soraschuart, PCC Mentor Coaches

Mentor Group Session 2:

- Check-in and Homework Review: We'll discuss your progress with starting the application process and any insights or challenges you encountered.
- Core Competencies Review: Identify which aspects resonate with your current practice, which are new to you, and if any do not align with your approach.
 1. Demonstrates Ethical Practice: Explore scenarios and discuss how you apply ethical practices in your coaching.
 2. Embodies a Coaching Mindset: Discuss how you embody a coaching mindset.
 3. Establishes and Maintains Agreements: Examine how you establish and maintain coaching agreements.
 4. Cultivates Trust and Safety: Discuss your approach to building trust and creating a safe coaching environment.
- Coaching Practice: Each participant will have the opportunity to coach, to be coached, and to provide feedback to each other on their embodiment of these first set of Core Competencies.
- Homework Assignment: Track your coaching hours, aiming for a range of 100-500 hours. Be intentional in how you apply these core competencies during your coaching sessions.

PROGRAM COMPONENTS

- Four group coaching sessions (6 hours total) in a small cohort of no more than 10 coaches
- Four hours of individual coaching by a BECI-certified ICF Mentor Coach
- Documentation and materials to support your Portfolio Path application
- Accountability & support to complete your submission

Mentor Group Session 3:

- Check-in and Homework Review: We'll start by discussing your progress with both the application process and tracking your coaching hours. Touch base on your videos and transcripts, discussing progress and insights.
- Core Competency Application: Reflect on how Competencies 1 - 4 have been manifesting in your coaching practice. Share your observations and experiences.
- Core Competencies Review: Identify which of these competencies align with your strengths and which may present challenges for you.
 5. Maintains Presence: Explore how you maintain presence in your coaching sessions and how it contributes to the co-creation of a meaningful coaching relationship.
 6. Listens Actively: Discuss how active listening plays a role in your coaching. Share examples of how it enhances your coaching interactions.
 7. Evokes Awareness: Examine how you evoke awareness in your coaching conversations. Discuss techniques and strategies you employ to facilitate this process.
- Coaching with Feedback: Participants will select a competency to focus on, and coach each other to demonstrate mastery.
- Homework Assignment: Complete your video recordings as part of your coaching practice development.

Mentor Group Session 4:

- Check-in and Homework Review: Share your insights and learning from the video transcripts you've reviewed.
- Core Competency Application: Reflect on how Competencies 1-7 have been showing up in your coaching practice. Discuss specific examples and experiences where these competencies have come into play.
- Core Competencies Strengths and Challenges Evaluation: Recognize which of these competencies match your strong points and which ones might pose challenges for you.
 8. Facilitates Client Growth: Explore how you facilitate client growth in your coaching practice. Share strategies and techniques you use to support your clients on their journey.
- Coaching with Feedback: Final group coaching session to integrate all eight Core Competencies
- Final Requirements: Touch base on the remaining requirements needed to complete your coaching program. Receive tips and guidance on how to prepare for the ICF exam.

Inspired by our common humanity,
 BECI's mission is to enable all
 people to develop their authentic
 selves, live their values, and
 make a positive impact in their
 organizations and the world.



10,000+
 Leaders trained
 since 2009



15+
 International
 training locations



700+
 Executive
 Coaches Certified
 from 25 Countries

Selected clients include:



Leadership	Coaching	Communication	Community
Authentic Leadership Executive Presence Leadership Stories Inspiring with vision and mission Leading through change, ambiguity & uncertainty Giving & receiving feedback Leading global teams	Active listening Art of inquiry Fundamental coaching skills Coaching modalities Talent management Succession planning Creating a coaching culture Challenging conversations	Storytelling Voice & non-verbal communications Persuasive presentations Technical presentations Slide design Public speaking Developing inspirational keynotes Presenting online	Culture change Team dynamics Conflict resolution Breaking down silos Building trust Effective team meetings Teamwork and collaboration in a virtual world Diversity, inclusion and belonging