

Are you looking to renew an existing credential, to apply for your first ICF credential, or get your next credential?  
Start your mentoring now to avoid stress and missed deadlines.



## MENTOR COACHING

### ICF Mentor Coaching Requirements

The ICF requires **10 hours of Mentor Coaching**. Three or more must be in individual sessions, seven can be in group sessions. You'll earn all of the hours you need in this Group Mentor Coaching program.

<https://coachingfederation.org/credentials-and-standards/renew-credential>



### About MyWayUp Mentor Coaching

**10 Hours Mentor Coaching** is an engaging developmental, practical small-group program led by PCC Certified Mentor Coach Galina Kalinina. You'll deepen your coaching through practice, observation and feedback so you and your clients get tremendous results.

- ✓ **7 hours** of group mentor coaching + **3 hours** of one-on-one mentor coaching completed in three months with PCC Coach
- ✓ **Satisfy ICF's 10-Hour** credentialing requirements for mentor coaching to renew or apply for your ACC or PCC
- ✓ **Small and intimate** group size learning environment
- ✓ **Sharpen** and refine your coaching skills.
- ✓ Practice the **ICF core competencies** which guide our profession.

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## MENTOR COACHING

### How It Works



A **supportive** three-month program with a focus on development.



**Combines group and individual** mentor coaching to meet the 10 hours required by the ICF.



**7 group sessions** in a small group with like-minded coaches.



**3 individual sessions** for deeper focus on your development.



**Accelerates** your learning with practice coaching and observation, goal setting and reflection.



In-session mentor coaching helps you quickly identify ways to build your **skills and knowledge**.



Explores the **ICF core competencies** to embed them in your coaching.



Upon completion of 10 hours of mentor coaching, you'll receive a letter to send to the ICF with your **application or renewal process**.

<https://coachingfederation.org/mentor-coaching>



## What's included in the MyWayUp Mentor Coaching Package

### Mentor Coaching Package: 2,200 USD

#### GROUP MENTOR COACHING

*7 Group Mentor Coaching Hours for Credentialing Process*

- Sessions occur in groups of 3 to 10 people.
- One, 1-hour session is dedicated to cohort cohesion and establishes the process elements for the cohort.
- 6, 90-minute sessions that focus on each of the four clusters of the ICF Core Competency model plus preparation for submission of a credential application.
- Receive verbal and written core competency feedback when you coach in the group mentoring calls.

#### 1:1 MENTOR COACHING

*3 X 1 Hour Individual Mentor Coaching Hours*

- You record a 30-minute coaching demonstration. Using ReaNotes you transcribe your recording. Using annotation tool you capture what you notice about your use of the competencies. Notice your strengths and desired stretches.
- You schedule our 1:1 call and we will listen together during our hour session; please capture timestamps on parts of the recording that are important to you, so we make sure to listen to those parts together.
- Receive 3 x 1 hour individual mentoring sessions with verbal and written core competency feedback on your coaching skills (Read Notes Transcription)



Groups will be split up based on credential and desired purpose of mentor coaching (subject to enrollment):

- Those seeking first credential
- ACC seeking to renew or develop
- PCC seeking to renew or develop

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**MENTOR COACHING**



**Proposed Schedule** 📅

**ONLINE VIA LIVE ZOOM VIDEO**

The session dates and times are as follows.

**Mondays, July 3rd, 2023 – Sep 25th, 2023**

**4:30 - 6:00 pm (SGT Time)**

<b>Jul</b>	<b>3, 17, 31</b>
<b>Aug</b>	<b>14, 28</b>
<b>Sep</b>	<b>11, 25</b>

**Additional Information about The Mentor Coaching Group Program**

- ! Minimum of **3 people** – Maximum **10 people**.
- ! The minimum program completion time is **3 months** as per ICF mentor coaching minimum time requirements.
- ! You have another 3 months if needed, past the end of the last group session to complete your 3 individual one-hour mentoring sessions with Galina. You can begin your individual mentoring as early in the program as you wish, however you **MUST** complete all individual mentoring sessions **within 3 months** post end of last group session, otherwise outstanding mentoring sessions are forfeited.
- ! You will have access to group class recordings in LMS for 3 months post end of last group session.
- ! To receive the 10 hours of mentor coaching portion of the program, you must attend a **minimum of 7 of the group sessions** for the full amount of time (90 minutes each group session). Plus complete a minimum of **3 individual hours** of mentoring with Galina.
- ! For any **missed group sessions**, you will have confidential access to recording replays.
- ! For any missed group sessions, fill in a **Missed Session Form** and send to Galina

## MENTOR COACHING

# 2023 Program Outline

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- Session 1:**  
(60 mins)  
Introductions, What is Your Why, Group Learning Agreements, Course Overview, creating course intentions, and setting up Coach/Client for each of the sessions 2-7.
- Session 2:**  
(90 mins)  
Discussion of Cluster B, CC#3 Establish and Maintain Agreements, live coaching demonstration, Mentor Coaching Feedback.
- Session 3:**  
(90 mins)  
Discussion of Cluster B, CC#4 Cultivate Trust and Safety and CC#5 Maintains Presence, live coaching demonstration, Mentor Coaching Feedback.  
*Schedule your 1st 1:1 mentoring session.*

- Session 4:**  
(90 mins)  
Discussion of Cluster C, CC#6 Listens Actively, live coaching demonstration, Mentor Coaching Feedback.
- Session 5:**  
(90 mins)  
Discussion of Cluster C, CC#7 Evokes Awareness, live coaching demonstration, Mentor Coaching Feedback.  
*Schedule your 2nd 1:1 mentoring session.*
- Session 6:**  
(90 mins)  
Discussion of Cluster D, CC#8 Facilitates Client Growth and CC#1 Demonstrates Ethical Practice, live coaching demonstration, Mentor Coaching Feedback.
- Session 7:**  
(90 mins)  
Live coaching demonstration, Mentor Coaching Feedback. Q&A about the renewal/application process. Final session celebration!  
*Schedule your 3rd 1:1 mentoring session*

