

ICC INTERNATIONALLY ACCREDITED COACH TRAINING PROGRAM

# THE BEST COACH TRAINING PROGRAM IN THE WORLD. PERIOD.

## IT'S A BIG CLAIM TO MAKE

But if being the best means that when you successfully complete this Program you'll achieve ICC (International Coaching Community) accreditation that will put you in an exclusive group of only 5000 professional coaches worldwide - then it is the best.

Or that you learn from Tonic's Angela Neighbours and Raechel Ford - two of only 34 handpicked ICC Coach Trainers worldwide - then it is the best.

Or that you'll be in one of the most in-depth, sought after coaching Programs available - then it is the best.

If you want to take your game to the next level then call Tonic today.

*This brochure gives a brief overview of the course, the people you will work with and the company who bought this course to New Zealand - Tonic.*

## WANT TO UP YOUR GAME?

Learning how to coach effectively may be one of the best decisions you ever make for yourself and your company. With the ICC accredited Coach Training Program you will not only learn how to coach others, you will learn things about yourself that you didn't even know - and only then will you really be on top of your game.

If you want to work as a professional coach - this program is for you.

If you're a senior manager who wants to improve your coaching skills to lead, manage and support others in all areas of business - this program is for you.

Or if your company is committed to developing its people - this program is for your staff.

## INTRODUCING TONIC

**Tonic** - Australasia's only accredited and licensed ICC trainers - have been offering executive coaching to some of New Zealand and Australia's most successful business executives for over 20 years.

Over this time, Tonic has built on a solid base of experience supplied by its two principles - Angela Neighbours and Raechel Ford, two of only 34 handpicked ICC Coach Trainers worldwide.

With decades of real-world business experience and successful executive coaching between them, you can be assured you are learning from two of the best.

More detailed information on Angela and Raechel can be found on the Tonic website: [nztonic.com](http://nztonic.com)

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“As a Senior Leader  
in today's environment the biggest  
investment that we can make is in ourselves,  
continually looking for tools to be more effective.  
Over the past 18 months Tonic has helped me on this  
journey, providing a refreshingly honest and insightful  
approach to Executive Coaching. **I would recommend  
giving Tonic a call: you don't know what you don't know.**”

Campbell Parker, Regional Managing Partner, BNZ

## THE COACH TRAINING PROGRAM IN A NUTSHELL

The ICC have successfully been running this Program for over 8 years in 17 countries, this course is truly international.

The basis for the course is congruent coaching, integrating the most powerful, proven coaching models, including:

1. **The Inner Game**  
(Timothy Gallwey)
2. **Transformational Coaching**  
(Thomas Leonard)
3. **Neuro-Linguistic Programming**  
(Richard Bandler and John Grinder)
4. **Ontological Coaching**  
(Fernando Flores)
5. **Integral Models of Coaching**  
(Ken Wilber)
6. **Behavioural Coaching for Managers**
7. **Cognitive and Social Emotional Development**  
(Elliot Jacques/Otto Laske)

Participants learn to use proven coaching interventions and will come away with a clear understanding of the flow of coaching, from identifying potential to focusing attention onto interpretation and enactment of new behaviours.

After completion of the course you have an unmatched coaching skill set that includes the mastering of:

- Core coaching competencies
- Designing coaching models and developing your tool box
- Understanding the coaching leverage points
- Questions to use that will change people lives (and when to use them)
- Tasking people for best results
- Managing fears, mental blocks and limiting beliefs
- The art of listening and using your intuition
- How to help people design their future and long-term goals
- Getting maximum change for minimum effort
- Action plans that work
- International Coaching Ethics and Standards

## THE COACH TRAINING PROGRAM STRUCTURE

The Program is divided into 5 Modules spread over six months. Each module is structured to be involving, experiential and discussion based. At the end of each days learning, there is a coaching hour with specific objectives set by the trainers, a review of individual's objectives and the day's learning is also captured for everyone present.

There is a complete workbook provided for the Program, which includes all models, frameworks, ideas for coaching and covers the international experiences gathered during the life of the ICC.

Additionally, there is a coaching requirement between each module, with supervision provided by the facilitators.

## YOUR STEPS TO CERTIFICATION

1. Ongoing assessment and feedback.  
The trainers are constantly monitoring your skill growth and the results you achieve in the training. Throughout the training you will be actively coaching other participants and you will be coached by them in turn.
2. Display the ability to give, receive and use feedback as coach and client.  
The trainers will also give feedback to all participants during every stage of learning.
3. The final two days are official integration and assessment time that will include assignments.
4. A formal written review on coaching.
5. Your agreement to hold to the ethics and standards of the International Coaching Community.
6. Completion of the program after the training including a book summary, a self-coaching project and several client-coaching projects.

“Tonic has provided unique insight that has redefined my leadership.

**The effectiveness of my leadership is no longer framed and limited by providing answers.**

It has expanded by listening and unearthing opportunities that reside with my people.”

Greg Warren, GM, Orica International Australia

## YOUR COMMITMENT

The five module program is held over a six-month period as follows:

### **Module One: 3 days**

The Personal Journey, Coaching Models, Frameworks

### **Module Two: 3 days**

Beliefs, Values, Behaviours, Structure

### **Module Three: 2 days**

Ethics, Standards, Mentoring, Systemic Thinking, Human Development Stages, Leadership Understanding, Coaching Practice

### **Module Four: 2 days**

Action Plans, Change and Outcomes, Certification Preparation

### **Module Five: 2 days**

Certification Coaching and Testing

## ICC CERTIFICATION HAS ITS BENEFITS

On successful completion of this Program you will achieve ICC (International Coaching Community) accreditation and gain entry into a very exclusive group of professional coaches.

With limited certified members worldwide, you'll know that you've reached a level of achievement that only the very best can achieve.

Certification also entitles you to free ICC membership for one year, as well as the ability to list your CV on the ICC website and get involved in the social networking of the community. There are also other benefits such as electronic forums, chat rooms, regular coaching newsletters, an annual global congress, and continuous learning available.



## ANY QUESTIONS

One-on-one contact is the cornerstone of the culture at Tonic, so the best way to find out why this Program is right for you is to talk directly to us today.



[www.nztonic.com](http://www.nztonic.com)

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