



**Transformation
Edge**

MENTOR COACHING SPRING 24

GROUP SESSIONS

If You Are Renewing or Applying For Your ICF
Credential, We Can Assist



Sign Up Now

BEGIN IN

APRIL

Join Sackeena & Team

Information Form

Interest List

*Up to 10
Seats*



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LINK TO REGISTRATION FORM

Mentor Coaching DATES

All Sessions are 6:00-7:30 pm on Zoom

2024

JANUARY	FEBRUARY	MARCH
APRIL	MAY	JUNE
April 29	May 13 May 20	June 3 June 10
JULY	AUGUST	SEPTEMBER
OCTOBER	NOVEMBER	DECEMBER



We offer two options for ICF Mentor Coaching

If you are preparing for the application process for your ICF Credential and are looking for the required Mentor Coaching, take a look at what we offer to see if we are a fit for you.

We offer a (1)group program as well as (2) individual. The group coaching is offered twice each year, and individual mentor coaching is offered based on our bandwidth. Both options will provide you with a minimum of 3 months of mentor coaching.

What's Covered in your Sessions?

Both the group and the individual options provide you with the required ten (10) hours of mentor coaching. The program is focused around strengthening the knowledge and application of the ICF core coaching competencies. Your ICF mentor coach will customize each session based on your needs and interests, and will include:

- Self-Assessment of the ICF Core Competencies
- ICF core competency principles and practices
- Scenarios for discussion and application of coaching competencies
- Demonstration and practice of coaching competencies
- Group and individual discussions about the coaching competencies, process and approaches
- Preparation for the ICF Coach Knowledge Assessment
- Review of your coaching demonstrations (live and/or recorded), looking for areas of improvement and strength.

Once your mentor program is completed, you can begin or continue the ICF Credentialing Application process.

Our Mentor Coaching Enrollment Process

Begin with signing up on the [interest list](#). You will be provided an Info sheet with registration links. If you decide this is the right program for you, you can register and submit payment and the mentor coaching agreement as follows:

1. Registration Form Link
2. Pay by
 - (a) PayPal: sgj@transformationedge.com or scan the QR CODE below:



- **Or** (b) Pay by Bank transfer using Zelle: coach.sgjones@gmail.com
2. The Agreement ([available on the registration form](#)) form is signed and returned to me by email. The Agreement form contains a competency self-assessment; fill that out, so that its included in the completed Agreement form. Based on the assessment and information gathered from our discovery process. I will design a customized course of study, practice, and mentoring which is delivered in a one-to-one or group context.
 3. Group Sessions: Our sessions will begin with a review and deep-dive of the core competencies principles and practice. In each of the sessions (individual or group), we will discuss scenarios and practice if necessary. I'll then review your actual Coaching, either through listening in to peer coaching, a live coaching session or recordings.
 4. **One on one Sessions** (The group program includes 3-hours of one-on-one sessions. The Individual program includes (10-hours of one-on-one sessions). During these sessions we will review your recorded coaching sessions together. To prepare for each session, ensure that you are recording your client coaching sessions and have permission to share those recordings with your mentor coach.
 - Record sessions with your clients (30-59 minutes)
 - Listen to the recording for the demonstration of the coaching competencies
 - Schedule time on my calendar for us to review the session
 - One-hour session: <https://calendly.com/coachsgjones/coachingsession>
 - 1.5 hour session: <https://calendly.com/coachsgjones/mentor-coaching-session-intensive>
 - We'll continue to work through any challenges or blindspots you're experiencing to get you to where you need and want to be. At this point, we will likely be working one-on-one, in your individual sessions. I will continue to support you by reviewing additional recordings/ sessions until you're ready to apply for your ICF Credential.

Note... Listening to the recordings without you counts against your mentor coaching time as asynchronous hours. Our time together counts towards the synchronous 10 hours requirement, and allows for listening and feedback on my part, and reflection and practice on yours. Our goal is to provide you with insights, coaching and support to help you become better at your coaching proficiencies.

Investment

- Group Mentor Coaching \$1,900.00
- Individual Mentor Coaching \$2,500.00

Recap

Your sessions typically involve

- reflective and mindfulness activities,
- review of your live Coach recordings,
- demonstrations, role-playing,
- observation, and feedback
- Identification of your strengths, and blind spots as a Coach
- Specific action steps to hone and refine your Coaching Proficiencies
- In-depth work to manage reactivity, strengthen your presence and increase confidence in your coaching skills
- Listen together to recordings of Coaching sessions that you have with your clients who have given you permission to record for this purpose
- Creating a challenging, yet safe partnership so that you can grow as a professional Coach
- Specifically addressing your ability to meet the proficiency required for a particular level of credentialing

Considerations for Submitting the Credentialing Application - You will need:

1. Education:
 - a. Training Organization Name:
 - b. Coaching Program Name:
2. Experience:
 - a. ACC: 100 hours minimum with at least 75 hours paid
 - b. PCC: 500 hours minimum with at least 450 paid
 - c. MCC: 2,500 hours minimum
3. Oral Exam
 - a. ACC 1 recorded session with written transcript
 - b. PCC: 2 recorded sessions with written transcript
 - c. MCC: 2 recorded sessions with written transcript

ICF Mentor Coaching Program

4. Mentor Coaching
 - a. Name and Email of Mentor Coach
 - b. Number of hours
 - c. Start and end dates of the Mentor Coaching Overall

5. Written Exam: Once all other requirements are satisfied, ICF will send you a link inviting you to take the exam. The exam is proctored, timed and you are allotted 3 hours

For Additional information on Application and Renewals from ICF:

- [ACC Candidate Guide](#)
- [PCC Candidate Guide](#)
- [MCC Candidate Guide](#)
- [Renewal Guide](#)
- [Credential and Standards](#)
- [ICF's Complimentary Ethics course](#) online
- [Mentor Coaching](#)

CREDENTIALING ROADMAP

SACKEENA GORDON-JONES, MASTER CERTIFIED COACH

