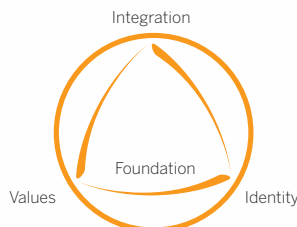


PROGRAMME OF TRAINING COURSES **COACHING**



THE COURSES

CERTIFIED COACHING TRAINING PROGRAMME



Why a training in coaching?

- To start a career in a field that is rapidly expanding
- To integrate skills in communications, managing people, problem-solving that have become indispensable due to the fast-changing environment

Who is it for?

For everyone who wants to progress in their life and enhance their personal development by acquiring competencies in an occupation with a strong future.

Which training course?

The complete training course contains three parts. Levels I and II can be completed over 8 months, or intensively at the SUMMER UNIVERSITY (20 days, in French only) and Level III certification programme which takes place over 5 months.

I: Basic level, the foundations of coaching and its practice

For anyone who wants to use these skills in their job or their personal life.

II: Intermediate level, divided into 3 modules:

IIA: Discovering values

IIB: Discovering identity

IIC: Integration

For those who are interested in extending their skills or who want to continue to certification. Each module takes 4 days.

A certificate is presented at the end of the training course, when modules I, IIA, IIB and IIC have been completed.

III: Advanced level, certification (two cycles per year, starting in September and January)

For those who wish to obtain professional recognition. After successful completion of the certification programme, IDC delivers a "Professional Certified Coach" certificate, accredited by the International Coach Federation (ICF) USA, the main authority in the coaching profession and by EduQua, the Swiss quality label delivered to training organizations. This training is ideal for those seeking to develop a successful career in coaching.

SUMMER UNIVERSITY

Intensive programme of professional training in coaching (in French only)

Level I and II training over 20 days. The course is given in Provence, at an exclusive site in the heart of the French countryside.

Why intensive training?

- Total immersion produces more efficient learning
- To put new knowledge and tools into practice more rapidly

Who is it for?

- For people who like to push themselves to achieve more
- For people who want to start their coaching activity without delay

Advantages of the SUMMER UNIVERSITY

- You save several months compared to the normal training course
- Your training is very practice-oriented: on the fourth or "workshop day" of each module I, IIA, IIB, IIC you have the opportunity to practice either Life Coaching or Corporate Coaching
- The exceptional location adds an extra dimension to your learning

TRAINERS & SUPERVISORS

Hélène Aubry Denton

Founder of the Institut de Coaching IDC, Geneva. Master Coach (BCI), PCC, Professional Certified Coach ICF, Trainer. Practised in the USA. Long experience in companies at an executive level.

Philippe Cavin

Certified professional coach. Master Coach, business management graduate, trainer in change management. Experience in strategic management.

Christophe Cherpit

Certified professional coach, complete training of adult trainers, experience in the management of human resources.

Rose-Marie Fleury

Certified professional coach, Master Coach, teacher. Coaching adults and children, supervision of coaches and teachers.

Lyne Leblanc

Certified professional coach, Montreal, Master Coach, PCC, Professional Certified Coach ICF, Trainer. extensive experience in HR and the integration of cultural communities.

Myriam Mayer

Certified professional coach, Master Coach, extensive experience in assessment, management of projects. Supervision of coaches.

Gérard Meyer

Certified professional coach, corporate coach, extensive experience in managing transnational teams, organizational constellations.

Anouk Poget

Certified professional coach, diploma in corporate economics, HR experience in multinational companies.



MASTER'S IN LEADERSHIP AND COMMUNICATION

Accredited by ICF (International Coach Federation)

Totally bilingual curriculum, English-French, with interpretation

Why take a Master's in coaching?

- To achieve the ability to understand and support people in all their facets and dimensions
- To gain a clearer awareness of who you are and how to act, two powerful instruments for change – for yourself and your coachee
- To see the links between the complex elements in the system
- To gain cutting-edge skills to understand and coach leaders who are catalysts of change

Who is the Master's intended for?

- Experienced professional coaches
- Consultants and trainers with a proven track record in coaching
- Admission is based on personal file and interview

The advantages of the Master's

- You integrate high-performance coaching with supervised experimentation
- You acquire a unique set of tools and models, applicable in both business and personal coaching
- You support executives in optimizing the value of human capital

Contents

- Leadership and coaching: achieving genuine leadership that inspires
- Coaching for change: radically altering one's way of thinking to reflect and act
- Neuroscience and coaching for change: managing lasting change by using the latest discoveries in neuroscience
- The art of "Generative Leadership": or how to access deep levels of identity
- Coaching and self-awareness: exploring the role of language, emotions and movement in our communications



COURSES IN CORPORATE COACHING

Targeted training, highly focused on the transmission of hands-on experience (in French only)

Why corporate coaching?

- To acquire specific tools for coaching in companies
- To learn how to target corporate requirements and construct an offer
- To integrate the specificity of "Corporate Coaching" through role playing and case studies

Who is it for?

For experienced coaches with a background in a business setting or an administrative organization

Which training?

Coaching in change management
Team coaching
Coaching for executives
Coaching in support of assessment
Practical experience and feedback

A training certificate is issued at the end of the 5-day course.

MODULE 1
LEADERSHIP AND
COACHING

MODULE 2
COACHING FOR
CHANGE

MODULE 3
NEUROSCIENCE AND
COACHING FOR CHANGE

MODULE 4
THE ART OF
"GENERATIVE LEADERSHIP"

MODULE 5
COACHING AND
SELF-AWARENESS

TESTIMONIALS

"Above expectations. Very good balance between tools, methods, processes and personal development."

David Souperbiet | Head of HR
Nestlé CWA (Central West Africa) Ltd.

"On the Master Course I acquired new, high-performance coaching tools and strengthened my capacity as a professional business coach."

Annette Hendricksen | Consultant
Certified Professional Business Coach

"Excellent quality of training, a real feeling of having learned."

Cédric N. Piaget
Company Director

"One of the best professional training and personal development courses all in one, because of its content and the quality of the trainers."

Corinne Amhof | Federal official
Swiss Mission, ONUG

"The Master's: plenty of interaction, very fruitful exchange of experiences leading to very positive self-examination."

Françoise Depéry | Training manager
Merck Serono SA

THE IDC COACHING INSTITUTE

IDC is an independent training organization registered in Geneva as IDC, Coaching Institute S.à r.l. IDC offers a Certified Coaching Training Programme. The training takes place in Switzerland, France and Quebec. It follows a practical, interactive approach and is led by an international team of trainers (Swiss, French, and Canadian). All of them are professional coaches with in-depth experience in a range of fields, particularly in business.

IDC Professional training has received the International accreditation ACTP (Accredited Coaching Training Programme) from ICF (International Coach Federation) and EduQua, Swiss certificate of quality for continuous training.

Special features of IDC

- 1 National and international quality recognition (EduQua, ICF)
- 2 High-quality training with a limited number of participants
- 3 Training focused on practice (learning by doing) with students placed in real problem situations (live coaching)
- 4 Great flexibility in the choice of training: parallel Swiss, Canadian and French calendars
- 5 Rigorous certification process that is a real training course on its own
- 6 Corporate coaching training completes the basic training
- 7 Postgraduate training with a Master's in Coaching puts you at the forefront of the profession

Our vision of coaching

We have an optimistic view of the human beings' potential. Coaching is a means of awaking, developing and realizing this capacity. We believe in a world where everyone is responsible for their own success, for what they accomplish in life and their self-fulfillment.

We are convinced that real performance starts with the valorisation of the human being, when individuals experience meaning in what they do.

SOME REFERENCES

- Cantonal Bank of Geneva (BCGE)
- General Hospice, State of Geneva
- World Trade Organization (WTO)
- Philip Morris International
- Swiss Romande Radio and TV (TSR)
- Coop Switzerland
- Hewlett Packard (HP) France
- Nestlé Switzerland
- Union Bank of Switzerland (UBS)
- International Committee of the Red Cross (ICRC)
- Merck Serono
- World Intellectual Property Organization (WIPO)



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International accreditations

