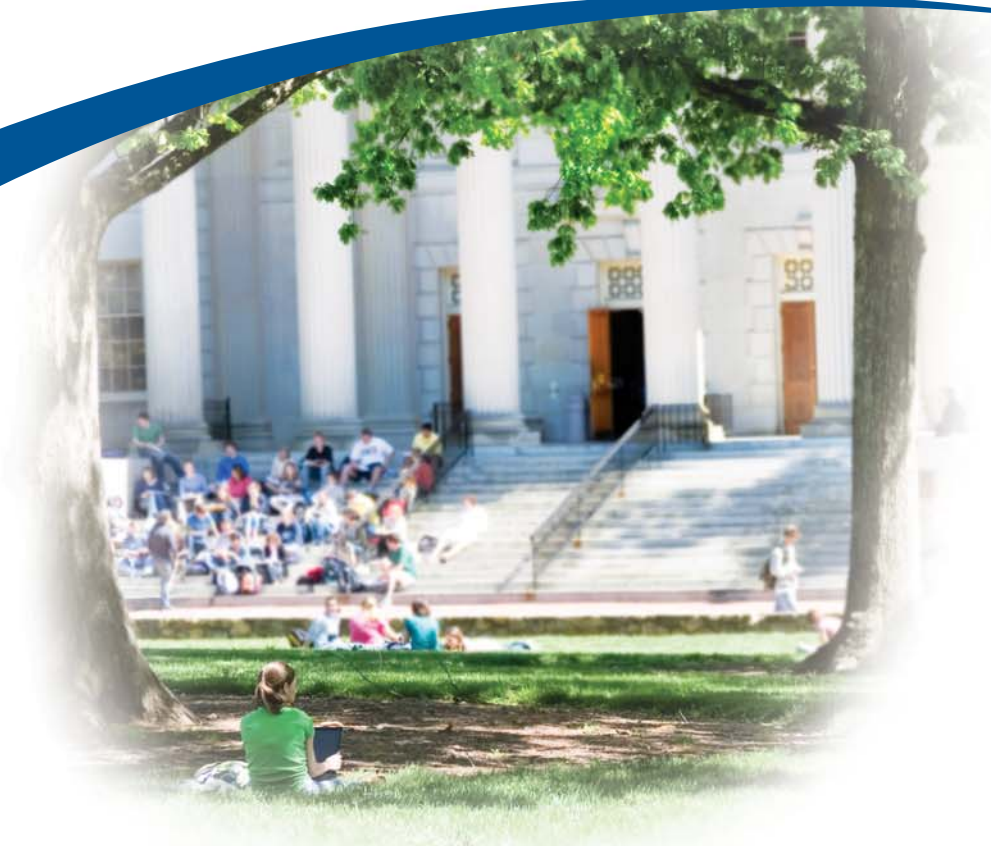


# TRAINING MASTER COACH IN LEADERSHIP AND COMMUNICATION



# TWO TRAINING OPTIONS

## OPTION

### “MASTER COACH IN LEADERSHIP AND COMMUNICATION”

**Master accredited by ICF (International Coach Federation)  
Totally bilingual programme: French-English  
with interpretation**

#### Why a Master?

A Master's Certificate in Coaching takes you beyond the strictly technical aspects of coaching to reach a higher quality of understanding and to support people in all their facets and dimensions, whether in their private or their professional life. The objective of the programme is to develop competences at several levels: self-awareness – a powerful instrument of change for yourself and the other person – the capacity to understand and coach leaders who are catalysts of change, as well as the ability to make links between the complex elements of the system.

#### Who is the Master intended for?

- Experienced professional coaches
- Consultants and trainers with proven experience in coaching

#### Advantages of the Master

- You integrate high-performance coaching and practise different models under supervision
- You acquire a unique set of tools and models that apply to both corporate and personal coaching
- You help leaders to optimize the effectiveness of their people
- You trigger a change thanks to a coaching style that builds on the coachee's own personality and experience

#### Requirements for enrolment

- IDC certification as a professional coach
- Equivalent certification accepted by IDC (PCC, MCC from ICF or equivalent experience)
- Admission based on personal file and interview

#### The programme

- 5 two-day modules
- 5 teleconferences
- Obligatory group work in pairs, between each module on a pre-scheduled programme
- 3 personal supervisions with an IDC Mentor coach
- 2 days of interaction with supervision
- Writing a dissertation
- 82 hours of teaching in total

Limited to 20 participants

**Certification as Master Coach in leadership and communication  
Accredited by ICF (International Coach Federation).**

## OPTION

### “CUSTOMIZED TRAINING”

#### Why customized training?

- You draw on the experience of world-recognized experts in the field of communications, leadership, and change management
- You choose to focus on one of these subjects, according to your priorities
- You apply the skills that will make an immediate difference in your personal or professional life

#### Who is the course for?

- Professional coaches or consultants who use coaching
- Leaders and team managers
- HR managers
- Business managers keen to discover the benefits of coaching in an organization

**A certificate is presented at the end of the training module.**

## TRAINERS

#### Robert Dilts

Reputed US researcher who developed the NLP from its beginnings, R. Dilts is still making a major contribution to the use of coaching and NLP in management, education and healthcare. Author of numerous reference books in these various fields, his visionary approach has won worldwide recognition.

#### Françoise Kourilsky

Doctorate in Psychology, degree in political science. A specialist in brief therapy, she has a long experience in managerial communication, negotiation and change management in public and private enterprises. She is a keynote speaker in numerous events. Author of “Du désir au plaisir de changer” and her recently published book “Se réjouir, S'apaiser, Réussir”.

#### Richard Bentley

Senior trainer and Director of Results Coaching Systems Europe, London, which was founded by David Rock. Training and facilitation activities on leadership programmes within multinationals using the “Brain based coaching techniques” approach.

#### Aboodi Shabi

One of the pioneers in the UK coaching community, founder and former President of UK ICF. Currently one of Newfield Network's senior coaching team, Newfield being a leading worldwide training organization in professional coaching. Aboodi has worked with hundred of coaches in Europe and North America.





## PROGRAMME

### MODULE 1: LEADERSHIP AND COACHING

Achieving genuine leadership that inspires and unites people around a vision.

How to bring out our natural leadership capabilities by identifying and clarifying our vision. Exploring and enriching one's own leadership style. Developing and maintaining personal excellence. Learning skills and tools to induce change that inspires, stimulates and leads to action.

**Theoretical presentations, demonstrations, practical exercises, modeling.**

**Trainer | Robert Dilts**

### MODULE 2: COACHING FOR CHANGE

Radically changing one's logic so as to reflect and act.

How to use the systems approach in change management: using the subconscious level of communication to better marshal one's own resources and those of one's interlocutor. Learning how to use a rigorous goal-setting procedure to succeed and interact effectively. Turn mistakes and problems into opportunities for change.

**Theoretical presentations, illustrations, demonstrations.**

**Trainer | Françoise Kourilsky**

### MODULE 3: THE NEUROSCIENCE AND COACHING FOR CHANGE

What neuroscience can tell us about how better drive lasting change.

Many people know that coaching works, but few know how or why. Recent findings from neuroscience are beginning to answer these questions. This module explores the anatomy of functions pointing to new ways of thinking about and improve the effectiveness of coaching.

**Theoretical presentations, exercises.**

**Trainer | Richard Bentley**

### MODULE 4: COACHING AND SELF-AWARENESS

Exploring the role of language, emotions and movement in our communication.

Exploring the role of language, emotions and movement in presence. How to work with all three to deepen our presence as coaches and leaders. We look deeply at how important the emotional and somatic domains are for coaching to be truly effective.

**Interactive conversations, experimentation exercises in pairs, triads and group workshops.**

**Trainer | Aboodi Shabi**

### MODULE 5: THE ART OF "GENERATIVE LEADERSHIP"

To allow change to occur at the deepest level of identity.

Generative Leadership draws from multiple disciplines, martial arts, ontological coaching, self-relations, modern mind-body research and methods, somatic intelligence. This work allows change to occur at the deepest level of identity, where core beliefs and visions exist.

**Interactive teaching and learning, experimentation exercises.**

**Trainer | Steve Gilligan**

NB: This programme can be modified from one year to the next

#### Steve Gilligan

Doctorate in Psychology from Stanford University. A central figure in the original NLP community and a major student of Milton Erickson. He travels around the world to teach Ericksonian hypnosis and his own approach of Self-Relations and coaching, integrating Erickson's work with aikido and Buddhism. Author of 7 books, among which "The courage to love".

NB: The trainers can change according to the programme

## PARTICIPANTS' COMMENTS

"The Master enabled me to acquire new high-performance coaching tools and strengthened my abilities as a professional corporate coach."

**Annette Hendricksen | Consultant  
Certified Professional Corporate Coach**

"The Master was a great learning journey and has allowed me to help my clients on a similar journey (...). It has added depth to my professional practice not only through the tools but also through the way in which I encourage and manage my clients."

**David Forster | Corporate Coach  
Solutions Development**

"The Master solidified my professional qualification. In a relatively short period, you can get top-rate inputs from world-renowned coaching professionals that give you a broad perspective of coaching practice."

**Dr. Joyce Miller | Coach/Trainer/Consultant  
Caprese Corp.**

## THE IDC COACHING INSTITUTE

IDC is an independent training organization registered in Geneva as IDC, Coaching Institute S.A.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. The same certified training is given in English and is accredited by ICF.

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. The training "Master Coach in Leadership and Communication" is accredited as an ACSTH (Approved Coach Specific Training Hours) by ICF.

### Special features of IDC

- 1 National and international quality label
- 2 High quality training with a limited number of participants
- 3 Training focused on practice (Learning by doing) or experiential learning, with students placed in real problem situations (Live coaching)
- 4 Great flexibility in the choice of training: equivalence between Swiss, Canadian and French calendars
- 5 Rigorous certification process that is a real training course on its own
- 6 Corporate coaching training completes the base training
- 7 Postgraduate training with a Master's in Coaching puts you at the forefront in this area, a token of your success

### Our vision of coaching

We have an optimistic view of the dormant capacity of human beings. Coaching is a means of awakening, 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-fulfilment.

We are convinced that the real performance starts with the valorisation of the human being, when individuals give a meaning to 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

