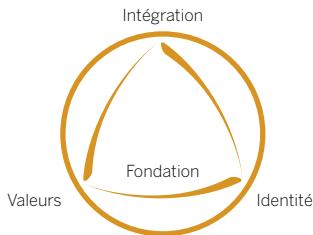


PROGRAMME OF TRAINING COURSES **COACHING**



THE COURSES

CERTIFIED COACHING TRAINING PROGRAMME Accredited by ICF (International Coach Federation)



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: Advanced 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: Certification level, certification (two cycles per year)

For those who wish to obtain professional recognition. After successful completion of the certification programme, IDC delivers a "Certified Professional Coach" diploma, accredited by the International Coach Federation (ICF/ACTP) 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.

A "Certified Professional Coach" diploma is delivered after successful completion of the certification process.



SUMMER UNIVERSITY

International intensive training – Bilingual English and French

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 international training?

- To enrich outlook and exchange of ideas and process
- To provide the means to meet the challenges of our multicultural society

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 AND SUPERVISORS

Hélène Aubry Denton

Founder of the Institut de Coaching IDC, Geneva. MCC, Master Certified Coach ICF, Trainer. Practised in the USA. Long experience in companies at executive level.

Rose-Marie Fleury

Professional Certified Coach PCC/ICF, Master Coach. Coaching adults and children, supervision of coaches and teachers.

Philippe Cavin

Professional Certified Coach PCC/ICF, Master Coach, business management graduate, trainer in change management. Experience in strategic management.

Saba Imru

Professional Certified Coach PCC/ICF, Master Coach. Extensive experience in leadership, performance and life coaching, cross cultural intelligence facilitation.

David Forster

Professional Certified Coach PCC/ICF, Master Coach, an independent coach working with multinationals, teams, executives and individuals.

Christophe Cherpit

Professional Certified Coach PCC/ICF. Training of adult trainers, experience in the management of human resources.

Robert Saiah

Professional Certified Coach PCC/ICF, Master Coach, HEC Paris, EPFL engineer, extensive experience in industrial and services. Project management and business consulting.

Dana Walden

Professional Certified Coach IDC – ACC/ICF, MBA, experience in human resource management with a specialization in talent management.

MASTER COACH IN LEADERSHIP AND COMMUNICATION

Master accredited by ICF (International Coach Federation)
Bilingual Course English and French with consecutive translation

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

Programme of 5 three-day modules*

I: The art of coaching

Transforming yourself as coach and leader – Aboodi Shabi

II: Authentic leadership

Leading the way through crisis and change – Robert Dilts

III: Generative coaching

Key of individual and collective performance – Steve Gilligan

IV: Appreciative coaching

Trigger for organizational change – Ann Clancy

and Jacqueline Binkert

V: Presence

Based coaching a key to effective leadership – Doug Silsbee

Training also available by module.

Diploma "Master Coach in Leadership and Communication",
ICF accredited.

*Programme subject to change for the next cycle.

TESTIMONIALS

"Consistently, challenging, stimulating, with a lot of learnings to take away. I was always treated gently, kindly, and helpfully by all of the trainers. Materials were well organized, clear and easy to grasp. It is up to each individual to make what they need from it."

James Cavers | Communications Consultant

"The training is focus on 'Doing', not too theoretical, boosts confidence. I love the co-creating of the course: feelings are taken seriously, great examples."

Sabine McCarthy | HR Specialist

"Great teachers, environment and lots of practice. It's more about 'learning' than 'teaching'. Trainers have a sensitivity and intuition to strike the right chords. Left us always in a resourceful state."

Francisco Soler | VP European Operations



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 certificate of "Corporate Coaching Training" is issued at the end of the 6-day course.

"The Master course frees us of our habits and our certainties. It enables an exchange of views with coaches from a variety of backgrounds (Switzerland and other countries) that obliges us to call our practices and coaching styles into question. The internationally known trainers of very high standing give us a new vision and new perspectives on the profession of coach."

Antonino Musumeci | Consultant HR

"The course has confirmed to me how complementary coaching is with training and has given me a lot of tools. Very good training, great trainers (competences and personalities). Happy that I took the class in English but very grateful that the exercises were 'blended' with French and English participants. The importance to master the subtlety of the words in the two languages."

Frederik S. | Trainer, Cegos, Switzerland

THE IDC COACHING INSTITUTE

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

The Certified 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. This accreditation applies to the training in French and English.

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 The international accreditations, a quality label that validates your diploma internationally
- 2 High-quality training with highly experienced trainers
- 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: a yearly cycle or intensive summer courses parallel with French or English calendar
- 5 Rigorous certification process that is a real training course on its own
- 6 Corporate Coaching Training completes the basic training
- 7 A Master Coaching Training which 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 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-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)
- World Trade Organization (WTO), Geneva
- Philip Morris International, Lausanne
- L'Oréal-Lorsa Ltd, Geneva
- Human Resources, State of Geneva
- Swiss Romande Radio and TV (TSR), Geneva
- Coop Switzerland, Lausanne
- Nestlé Switzerland Ltd, Vevey
- Union Bank of Switzerland (UBS), Lausanne
- International Committee of the Red Cross (ICRC), Geneva
- Oracle S.à.r.l, Geneva
- World Intellectual Property Organization (WIPO), Geneva
- Médecins Sans Frontières (MSF), Geneva
- Cartier, Geneva
- Sidel Group, Zurich



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International accreditations

