

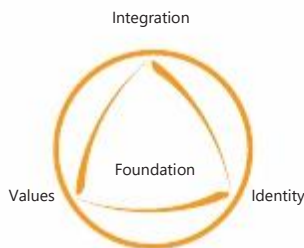
# PROGRAMME OF TRAINING COURSES COACHING



# THE COURSES

## CERTIFIED COACHING TRAINING PROGRAMME

Accredited by ICF (International Coach Federation)  
Training given in French and English



### 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 (17 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)

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/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.



## SUMMER UNIVERSITY

### Intensive programme of professional training in coaching (in French and English)

Level I and II training over 17 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. MCC Master Coach Certified Coach ICF, Trainer. Practised in the USA. Long experience in Companies at an executive level.

### Rose-Marie Fleury

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

### Philippe Cavin

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

### Elena Pancé-Petrova

Certified professional coach PCC/ICF, Master Coach, extensive experience in international environment, coaching managers of multinationals.

### Antonino Musumeci

Certified professional coach PCC/ICF, Master Coach, extensive experience in individual development, leadership development, change and project management.

## SUPERVISORS

### Christophe Cherpit

Certified professional coach PCC/ICF

### Philippe Laffaire

Certified professional coach PCC/ICF

### Dana L. Walden

Certified professional coach PCC/ICF

### Barbara Woerner

Certified professional coach PCC/ICF



**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 (5 modules)\***

- I: Coaching and leading at the Edge**  
Transform your coaching approach – Aboodi Shabi
- II: Generative Coaching**  
An approach to sustainable creative performance – Steve Gilligan
- III: Conscious Leadership and Resilience**  
Orchestrating innovation for the future – Robert Dilts
- IV: Appreciative Coaching**  
Definitive guide for igniting substantial change – Ann Clancy
- V: "Presence-Based Leadership"**  
Practical tools for today's complexity challenges – Beatrice Hansen

Program also available for external auditors.

\* Program likely to change in the next cycle.

**EXECUTIVE COACHING TRAINING**  
**Targeted training, highly focused on the transmission of hands-on experience (in French and English)**

**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 8-day course.

**TESTIMONIALS**

"As far as my opinion of the course is concerned I would go for excellent here. I have learned and discovered new techniques. You have truly exceeded my expectations. You simplified the topics by using various examples and illustrate to us more "visually."  
**Drazen Raguz | Teacher**

"A very professional training. Good balance between theory and practice. Learnt a lot of coaching tools".  
**Marie-France Robert-Harby | Specialist EH&S**

"The trainers are actively involved with the students".  
 The session was informative, instructional and interesting."  
**Catherine Maurer-St. Clair | Teacher**

"I now realise what coaching is and is not. There was a lot of good input and demonstrations to explain the aim of the exercises. The trainers were helpful, smiling, flexible and at the same time able to get us through the content.."  
**Paul Mullins | Manager Geneva Business News**

"I found in the Master's programme plenty of interaction, very fruitful exchange of experiences leading to very positive self-examination."  
**Françoise Depery | Training manager**

"Good balance of theory / tools & practice. Well built programme, which facilitates amazing learning results". "The trainers are very professional. Not only good coaches but excellent trainers also who know how to "teach" coaching."  
**Anita Biro | HR Consultant Oracle**

## THE IDC COACHING INSTITUTE

IDC is an independent professional coaching training organization, **Swiss Romande's LEADING**, registered in Geneva as IDC, Coaching Institute S.à r.l. 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 speaking people). 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, validate your diploma internationally.
2. High-quality training with a 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 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)
- World Trade Organization (WTO), Geneva
- Philip Morris International
- L'Oréal-Lorsa SA, Geneva
- Human Resources, State of Geneva
- Swiss Romande Radio and TV (TSR)
- Gestalt Institute of Neuilly, Paris, France
- Coop Switzerland
- Nestlé Switzerland
- Union Bank of Switzerland (UBS)
- International Committee of the Red Cross (ICRC)
- Oracle S.à.r.l
- World Intellectual Property Organization (WIPO) Geneva



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International accreditation

