



Spread Your Coaching Wings



**Plan now for 2019 Virtual Mentor Coaching Program!
Expand, deepen and stretch your coaching skills and practice.**

Who is it for?

- If you are aiming for ACC or PCC credential you need 10 hours of mentor coaching
- Alternatively, for re-credentialing you may claim 10 CCE's in core coaching competencies.
- SYCW is for anyone who has completed any form of coach training, either internal or external coaching. It's not a coach skills training program or replacement of, but rather one for existing practising coaches, transitioning or emerging coaches across all coaching disciplines.

A unique program for coaches that's been running in high demand for five years and now available on-line for those who have had coach skill training and want to expand, deepen or stretch your coaching skills. Whether you are looking toward becoming International Coach Federation (ICF) credentialed or re-credentialing, this is for all coaches who are committed to their professional development with other coaches sharing best practices, rich content and trying new and different styles.

Spread Your Coaching Wings (SYCW) is for all coaches, **external and internal**, who see possibilities from creating and being part of a trusted group of colleagues actively invested in their on-going coaching development. We benefit enormously from revisiting our coaching roots, stories, automatic actions and tools - in the absence of this we risk dousing our spark, creating unexamined habits or being stuck in old repertoires of behaviour.

Outcomes:

- Renew and extend your core competencies, skills, tools & models
- Build critical coaching competencies
- Develop virtual coaching skills
- Experience different approaches & models
- Be supported and stretched in your coach skills development
- Learn from the wisdom in the room
- Improve the quality of your coaching and grow your confidence

Sessions include*:

- Focus on all ICF core competencies, skills & practice
- Cross cultural coaching
- What it takes to hold virtual coaching sessions
- Deep dive in key professional coaching core competencies
- Skills practice in peer pairs, trios and circles
- Ethical dilemmas and coaching challenges
- Reflective practice
- Your credential journey made clear
- *Topics in each semester will be flexible to meet the need of the participants.

2019 Programs

SYCW is offered in a range of modes to cater for different needs.

- Virtual **online offerings** of SYCW in 2019 – March/April and again in August.
- We are also excited to announce our first **Coaching Retreat**, which will be held 6 -7 September 2019 in Adelaide.
- In person program – Friday 1st November, 2019 8.30 am – 4.30 pm – Adelaide Hills Protea Farm.

On-line Mentor Coaching Program

- The virtual online offering of the Spread Your Coaching Wings (SYCW) program is perfect for coaches who are unable to attend face-to-face mentor coaching sessions or prefer virtual sessions for the rich mix of coaches across Australasia and the world.
- The group component of this online mentor coaching program is unique, in that you will receive the expertise of two experienced ICF Professional Certified Coaches (PCCs) – Inta Sellick and Julie Lines – in every group mentor coaching session.

Program Structure

This program fully satisfies the ICF requirements for mentor coaching, including 7 hours of group mentor coaching and 3 hours of one-on-one mentor coaching.

The Mentor Coaching Program structure is:

- 7 hours of group mentor coaching with Inta Sellick PCC and Julie Lines PCC .
 - two x 90-minute group mentor coaching sessions via Zoom
 - two x 120-minute group mentor coaching session via Zoom
- 3 hours of one-on-one mentor coaching sessions with Inta or Julie, conducted over a period of 3 months via Zoom.
- Email contact between sessions.

Please note that ICF group mentor coaching requirements state a maximum of 10 participants per group.

Dates:

Two options for 2019

March/April Program– AEST time	August Program – AEST time
Friday 15 March 12.30-2 pm Friday 22 March 12.30-2.30 pm Friday 5 April 12.30-2.30 pm Friday 12 April 12.30-2 pm	Friday 9 August 12.30-2 pm Friday 16 August 12.30-2.30 pm Friday 23 August 12.30-2.30 pm Friday 30 August 12.30-2 pm

Investment

Online Group Mentor Coaching Only	AUS700 + gst for 7 hours of group mentor coaching with two mentors coaches.
Package Price	AUS \$1,200 + gst for the full Mentor Coaching Program : <ul style="list-style-type: none"> • includes 7 hours of group mentor coaching with Inta and Julie, • plus 3 hours of one-on-one mentor coaching (with either Inta or Julie). •
One-to-One Mentor Coaching Only	\$700 + gst for 3 hours of one-on-one mentor coaching with either Inta or Julie.

Bookings:

- Then please contact us to register or give your expression of interest asap so we can keep you informed of bookings.
- Numbers are limited to 10 per group and your full payment will secure your place.
- Your completion certificate will accurately reflect the total number of group and individual hours completed.

Cancellation/Refund Policy:

- Cancellations with a full refund will be available until 21 days prior to commencement of the Mentor Coaching Program.
- A 50% refund will be provided for cancellations received after this period and prior to commencement of the Mentor Coaching Program.
- No refunds will be provided after the Mentor Coaching Program has commenced. Though you may transfer your space to someone else.
- 'Make-up' group coaching sessions are not available. If a group coaching session is missed, one-to-one coaching sessions can be booked upon request at an additional fee of \$200 + gst per 1-hour mentor coaching session.

Introducing your two facilitators – Inta Sellick and Julie Lines

Inta is the Director and Principal Coach of Coach Studio. For over sixteen years Inta has run her own successful coaching practice as a professional leadership coach and facilitator throughout the Asia Pacific region, coaching leaders and Executives at all levels in corporate, not for profit and government fields. She has been an ICF credentialed coach since 2011 and held her PCC since 2013. Over six years as a mentor coach, all of Inta's clients have been successful in attaining their ACC or PCC credentials. Her commitment to professional development of coaches is demonstrated by her leadership roles in ICF. For over five years Inta has held ICF Australasia roles as Director Australia ICFA Board, Professional Standards Committee and ICF South Australian President, twice being part of the ICF global leaders forum in the US , and representing ICF Australasia in the ICF credential legacy video series www.youtube.com/watch?v=jTXn88bBEgo

Inta is delighted to bring even more diversity and richness to the mentor coaching program experience through the partnership with the amazing skills and qualities which Julie Lines brings.



As the owner of Julie Lines Coaching and Facilitation, Julie works as a Leadership Coach and Facilitator with individuals and organisations around the globe. With more than two decades of experience as a senior leader and mentor, Julie has always possessed a passion for growing individuals and teams. Julie has held the President of ICF South Australia role in 2017/18 and is now Immediate Past President with a strong commitment to support the professional development of coaches.



Booking & Further Information

For further information about the SYCW program please email hello@coachstudio.com.au. Or call Inta on 0413 805 604 or Julie on 0410 403 607



"I was so glad I chose Inta Sellick as my ICF mentor to guide me through the process to ACC and to sharpen my coaching skills along the way. I found her skills to be sharp, her heart to be kind and her passion for coaching inspiring. I recommend Inta and the work she does because she is both highly competent and fun to work with. Thanks Inta, you're a star." - Rachel Grace, ACC.

"Inta Sellick is a true professional, providing me with mentor coaching support that went far beyond my expectations. Warm, thoughtful and highly competent, Inta's wisdom and expertise as a mentor coach enabled me to value my strengths and work on some focus areas in a timely, targeted way. I highly recommend Inta's coaching program "Spread Your Coaching Wings" and individual coaching as authentic pathways to gain insights, self-confidence and improve coaching skills." Mel Phillips, ACC

"I was part of a small group of coaches participating in Spread Your Coaching Wings - Masterclass, one of Inta Sellick's tailored development sessions. I can only say that I was blown away, the whole day far exceeded my expectations. Inta is a skilled coach and willingly shared her expertise in a very generous way. It was a rich day where I connected with fellow coaches, sharing learning in a wonderful relaxing environment. This was facilitated by Inta who allowed for co creation and shared learning. A wonderful experience and I can apply the day to some of my ICF Continuous Coach Education Units." Kath Milne, ACC

"Spread your wings is a mentor coaching program facilitated by Inta Sellick, an ICF PCC. It provided an opportunity for experienced and emerging coaches to deepen and practice their skills and knowledge in a supportive small group environment. Spread Your Wings provides an environment where learning is shared in a relaxed, generous environment. I would highly recommend it to all coaches seeking a supportive, professional peer learning environment. A thoroughly enjoyable day". K. Ashcroft

"SYCW has been the best investment I've made in my coaching practice. The safe and supportive environment created by Inta meant that I could fully immerse myself in learning from the other coaches and confidently developing my skills by asking questions, exploring different models and really tapping in to the wisdom in the room. The follow up 1:1 mentoring sessions with Inta have also added enormous value to my development as has the opportunity to connect with the wider SYCW alumni. I am so grateful for this wonderful opportunity and highly recommend this program to any coach who is committed to developing themselves and their coaching skills." B. Weatherill

