

# MENTOR COACHING

INDIVIDUAL  
•  
GROUP



**Monthly Group Sessions Start:**

Tuesday, September 12, 2017

8:00 pm EST

5 x 90 minute virtual sessions  
2<sup>nd</sup> Tues of the month

There are an estimated 20,000 individuals who hold ICF credentials.

## How will you stand out from the crowd?

If you are working toward acquiring credentials and increasing your impact, don't miss the upcoming mentor coaching sessions. Choose from Group and Individual combined packages or opt for Individual Mentoring sessions only and Forge will help you fulfil your ICF credential requirements. Take your coaching to the next level and better serve your clients. Enjoy the positive impact to your business and bottom line.

### Maximize your Learning with 10 Individual Mentor Coaching Sessions

If you prefer one-to-one coaching, Individual Mentoring sessions are scheduled at the pace of the mentee. Your Individual Mentor Coaching calls will provide all services as listed below.

**\$175 per Session or 10 Session Package For \$2249.00CDN (taxes included)**

## Group Mentor Coaching

Forge offers a 5-Session Mentor Coaching Package for groups of up to 8 participants. These monthly group coaching sessions occur virtually with the content focused on ICF Core Competencies. Sessions are 90 minutes in length and include:

- Learn to work through coaching barriers
- Avoid bad habits

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*83% of consumers who experienced a coaching relationship reported that it was important for coaches to hold a credential.*

*2014 ICF Global Consumer Awareness Study*

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- Identify learning opportunities
- Review of ICF coaching core competencies
- Review of ICF code of ethics
- Continue to clarify the difference between coaching, counselling and consulting
- Discuss working with challenging clients
- Explore working with strong emotions (Fear, Anger, Confusion)
- Learn new coaching strategies and skills
- Prepare for your credentialing exam

**5 Session Package Fee: \$675.00CDN (taxes included) (Minimum 4 to 8 participants per group)**

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Meet all your certification requirements and COMBINE THE GROUP SESSIONS WITH:

### **3 Individual Mentor Coaching Sessions**

Your 3 one-to-one coaching calls (60 minutes each) will take an in-depth look at your coaching skills including:

- Systematic review of 3 recordings
- Constructive feedback
- Target developmental areas
- Develop your business

**Total Fee for 7 Group and 3 Individual Sessions: \$1650.00CDN (taxes included)**

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**Don't miss this opportunity to stand out from the crowd of coaches and deepen your service through mastery of the ICF Core Competencies.**

#### ***Your Mentor Coach:***

*Manon Dulude Ph.D., PCC, BCC has over 15 years' experience as a coach and is knowledgeable in the latest trends and requirements for certification. Manon was part of the first cohort of credentialing assessors to be trained on the new ICF Core Competencies markers (2014). Manon holds a Ph.D. in Coaching and Human Development from University of Professional Studies (2012). She coaches senior executives in the public and private sectors. She is also a Registered Psychotherapist with nearly 30 years of working in the field of personal growth and mental health.*

To begin your mentor coaching, please contact Manon Dulude at [info@forgecoachingandconsulting.com](mailto:info@forgecoachingandconsulting.com) or call (905) 877-9393.