

BE A WORLD CLASS COACH



Foundations of Professional Coaching *For New and Experienced Coaches*

Please join us for a 5-day program that provides a solid kit of coaching tools, techniques and theory that equips participants to coach effectively.

Most organizations are using professional coaches who must meet minimum International Coach Federation (ICF) certification. This course is the first week of a two-week series that will help coaches achieve that goal along with meeting other ICF requirements for the ACC Credential. This program is also for experienced coaches who want to take their coaching to a whole new level with a variety of tools and resources.

Foundations is the prerequisite for the Adler Certificate of Professional Coaching program. Adler certification provides a broad foundation of coaching skills and knowledge for use in the workplace and beyond the organizational setting. Adler's approach helps shift the coach's mindset from merely "doing coaching" to "being a coach."

WHAT YOU WILL LEARN

Coaching is fundamentally about facilitating change that will lead to desired results: facilitating movement from a current state to a more desirable future state.

The primary objective of the Foundations course is to familiarize you with a model for coaching that can be applied in many different contexts. You will gain an understanding of the underlying principles and basic components of this model. You will practice applying the model to various coaching scenarios, and play with coaching tools that fit with the model. You will develop greater clarity on what coaching is, how it is similar to and different from seemingly related activities, and what different forms it takes in the real world.

During the Foundations course participants are introduced to the ICF Core Competencies and the Art, Heart, and Science of Coaching. Participants gain insight into what each of the core competencies entails and engage in activities that are designed to build competence in these skills.

WHO SHOULD ATTEND

Aspiring and experienced coaches, HR professionals, OD consultants, trainers and leaders who take their coaching role seriously. This course offers CCEU's for coaches who are already certified.

WHAT 2012 PARTICIPANTS SAID

"Excellent and very insightful. The course allows you to look inside yourself and taught me the fundamentals of coaching. The facilitator was exceptional. She was very knowledgeable, which made it easier to learn the skills. Powerful class. Margie is the best. What I would want to tell someone who was thinking about taking this course – Magnificent—a must take. In all 15 cases on the evaluations, the box was checked "yes" that says "Would you recommend this course to others?"

-- Patricia M., Tax Attorney

"I feel that I got the theory, practice, skills and tools necessary for a solid coaching foundation. Margie was an excellent instructor who managed to teach us substantive skills in a caring, supportive environment. I really felt I learned some valuable tools for coaches to use and how to be a more effective coach."

-- Yumiko I., Executive

"This and CCL are the best courses I have taken in my 33-year Federal career. The facilitator (Margie Heiler) is knowledgeable about her topic—both from a theory and practical standpoint... Take this course if you want to help nurture the culture of personal and professional development in the Federal sector. You will grow and your workforce will grow and excel."

-- Melanie S., Senior Executive

Location: metro Washington, DC • Dates: June 10-14, 2013 • Pricing: \$1,895

FOR MORE INFORMATION, PLEASE CONTACT: Margie Heiler, MS

Master Certified Coach | Certified Executive Coach | Board Certified Coach

540.635.4843 | Margie@RoadtoResilience.com

MULTIPLE RESOURCES TO SUPPORT YOUR LEARNING

To support your learning in the Foundations course we offer you five different resources, designed to complement each other:

COACHING MANUAL: The manual provides a conceptual framework and is a rich resource of information on the core principles, skill lists, tools and strategies, the field of coaching, and many other aids.

CLASSROOM EXPERIENCE: The experiences we co-create in the classroom will build insight into the model and help develop skills in doing coaching. Our training is highly experiential. Participants learn coaching “from the inside out,” both practicing and experiencing first hand the skills, tools and techniques that they will bring to future coaching interactions, resulting in a powerful, transformative learning experience.

JOURNAL: Each participant receives a journal for personal reflection. This will support participants in internalizing the learning at a deeper, personal level and in moving towards “being” a coach (as opposed to just doing coaching).

TELECLASSES: Participants are offered and engage in teleclasses designed to extend and deepen their learning, and support implementation of skills over time in the real world.

ASSIGNMENTS: To support you in taking your learning beyond the classroom, you will complete three assignments. The first has you do some coaching and reflect on the experience; the second supports you in pushing a specific edge of your competence; the third encourages you to start focusing on developing a unique vision of yourself as a coach.

ABOUT THE TRAINER

Margie Heiler, MS, MCC is a Professional Coach, Certificate Program Faculty member, and facilitator of Adler Corporate Programs. Located in Virginia, she is one of Adler’s Strategic Partners, representing and facilitating Adler’s range of corporate programs and services.

She brings a wide variety of business, organization development, human resources and leadership training experience to her coaching and facilitation engagements. She specializes in leadership training, executive coaching and mentoring, with unique expertise in using assessments to enrich and expand talent for individuals, teams and organizations.

Margie has held the MCC ICF Credential since 1998, is a Certified Executive Coach with the Worldwide Association of Business Coaches, and is also a Board Certified Coach. She has served on the ICF Credentialing Committee and continually upholds the standards and requirements to maintain her MCC status with the ICF.



ABOUT ADLER LEARNING USA

A world-class organization committed to positive change, Adler is globally recognized as a leader in the coaching field. Our programs are the trusted choice of individuals and organizations looking to put the power of Adler coaching to work for them.

Founded in Toronto in 1998, our programs now enjoy worldwide exposure through our partners in Norway, Denmark, Sweden, Germany, Russia, and Turkey.

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TO REGISTER, PLEASE CONTACT: Laura Atwood, President, Adler Learning USA

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