



DISCOVER  
— YOUR BRILLIANCE —

# MENTOR COACHING PROGRAM

*“Technique is for a coach what a text is for an actor:  
they both have to forget it in order to be present”*

— LUC DE BELLOY

Tracy Tresidder M.Ed, MCC



Mentor Coaching provides an additional and required learning/development track that is designed to support your individual growth and coaching presence, as required by the International Coaching Federation. I am pleased to offer you four mentoring programs.

**Option One** – fulfils ICF Mentor Coaching requirement of “10 mentor coaching hours over a minimum 3-month period prior to your credential application; of which 3 hours must be one-on-one coaching and 7 hours can be group coaching”. This will be 7.5 hours of group mentoring and 3 hours of 1-1

**Option Two** - This program also fulfils the ICF Mentor Coaching requirement and is a 1-1 program of 10 hours of mentoring, which includes Zoom sessions unpacking the core competencies and feedback on recorded client coaching sessions .

**Option Three** – This program provides 4 hours of mentor coaching and will only partially fulfil the requirement. It is a 4-hour “real play” live coaching experience with feedback. In this program, you will have the chance to coach live, receive immediate feedback, listen back to your recorded coaching and listen to others being coached live, receive feedback, give feedback and ask questions.

**Option Four** - bring your own recorded sessions for Tracy to provide feedback.

These programs will support you as you prepare to participate in the ICF Certification process, if you choose, upon completion of the mentor coaching program.

## Bio:

Tracy Tresidder is a coach, author, lecturer, speaker, mentor, and the International Coaching Federation Australasian 2009 Coach of the Year. She has a Masters degree in Education, is an ICF Master Certified Coach (MCC) and an ICF accredited Assessor and Mentor.

Tracy has graduated from the following coaching training programs: The University of Sydney Professional Development Certificate in Coaching Practice, The Academy for Family Coach Training's Advanced Coaching Course (ACSTH approved), Coachville Intensive Coaching Program, Growth Edge Coaching, Conversational Intelligence, The Art of Developmental Coaching, Narrative Coaching, Sir John Whitmore's Transpersonal Coaching Intensive, Breakthrough Coaching, ACT coaching, ITC coaching and International Systemic Team Coaching.

Tracy is a practicing coach with over 7,000 hours of logged coaching, over 1,000 hours of mentor coaching and a thriving coaching business. She has experienced first-hand the rigor of the ICF's ACC, PCC & MCC portfolio credentialing process and has recently stepped off the Coaching Excellence Committee for ICF Australasia. She was also a Past President of the ICFA. She was the coordinator of the ICF Australasian Credential Support Program as well as an active member of the ICF Global Supervision

Taskforce. For 7 years she was the worldwide lead trainer and Mentor Coach for the Academy for Family Coach Training (ACSTH Approved ); and is currently a lecturer and mentor at the Australian College of Applied Professions (ACAP) within the Graduate Certificate of Applied Coaching; coaching, teaching and mentoring coaching students from all over the world.

To book a time to talk to see which mentor coaching program is the right one for you, please click on this link: <https://my.timetrade.com/book/LFMF6>

## LEARNING OUTCOMES

This mentor coaching process is rigorous and gets right to the point. The intended learning outcomes for you are as follows:

- To integrate the ICF core competencies into your coaching and hone your coaching skills and competence
- To develop a thorough understanding of the 8 ICF Core Competencies and PCC Markers by unpacking and experiencing them during live supervised coaching sessions
- To develop an understanding of the ICF ACC, PCC & MCC minimum skill requirements
- To prepare at your own pace to become certified
- To receive constructive feedback around the core competencies & PCC markers commensurate to that which would be received from an ICF reviewer
- To experience feedback in a safe and supportive environment
- To become aligned with the ICF professional standards and ethics

## YOUR INVESTMENT

### Option:

1. 3 x 2.5 hour zoom meetings of small group (minimum 4 and no more than 10 people) unpacking the ICF core competencies, discussing ethics, client scenarios, live coaching, recorded with feedback **plus** 3 hours of one-on-one mentor coaching sessions and preparation for the ICF multiple choice Credentialing Exam. This provides 10.5 hours of mentor coaching which more than fulfils the ICF requirement. Investment = \$3389 inclusive of GST – can be paid in 3 instalments. Extra 1-1 sessions are available at \$547 per hour - which includes time taken to listen to your recording.
2. 10 hours of one-to-one zoom mentoring sessions, unpacking the core competencies, discussing ethics, client scenarios, feedback on your coaching (you provide recordings of client sessions). Preparation for the ICF multiple choice Credentialing Exam. Investment = \$5149.00 AUD inclusive of GST - can be paid in 3 instalments.

3. 4 x 1 hour zoom sessions of small group live coaching, recorded with feedback – group no larger than four people. This only partially fulfils the ICF requirement. Investment = \$995 inclusive of GST.
4. Bring your own recorded sessions for feedback. Investment \$547 per hour – which includes the listening time of the recording. For example if the recording is 30 minutes and the feedback is 30 minutes that will be a one hour charge.

## WHAT SOME OF MY MENTOR COACHING CLIENTS HAVE SAID:

*Tracy is a wonderful mentor and I would highly recommend this course - not just for the purpose of gaining the ICF credential but for anyone wanting to challenge themselves as a coach and extend their coaching practices. Tracy provides a supportive and encouraging environment in which to practise and develop and combines a wealth of theoretical knowledge, tools and practical advice as part of this course. I found her feedback in the 1:1 sessions encouraging but also particularly valuable in terms of helping me explore new approaches and refine and test my coaching skills. Tracy is highly professional and insightful and also warm and approachable. Her program is well structured and organised - I really enjoyed it and found it hugely beneficial for my coaching.*

Emma Warren M.Sc (Coaching Psych) ACC Nov 2023

*Working with Tracy was transformative. Her group and individual sessions were well designed, combining rich content, peer learning, and tailored guidance. She created a supportive space that encouraged reflection, growth, and confidence. I highly recommend Tracy to anyone seeking a mentor who truly listens and empowers lasting change.*

Selina Li M.Sc (Coach Psych) ACC October 2026

*Tracy was an outstanding mentor coach for my ICF ACC accreditation. She challenged me to address the developmental needs of my clients and gave me the confidence to put theories I'd learnt during my Masters of Science (Coaching Psychology) into practice. Mentoring was a safe space to discuss challenges about my coaching that I had noticed during self-reflection and experiment with ways to address those challenges. Tracy was generous in sharing her vast experience with me. She's a valuable resource if you want to take your coaching to the next level.*

Teresa Curman M.Sc (Coach Psych) MBA ICF ACC April 2022

TEXT

Tracy has vast knowledge of the ICF Core Competencies coaching framework in addition to her respected experience as a coach. When commencing the Credentialling process with Tracy she created a safe space in which I could learn about the gaps in my coaching using this framework. Tracy was prepared to work with me on my timeline and with my specific developmental needs, clearly communicating the areas needing addressing and the impact of developing specific coaching techniques, for myself and my client. Tracy is both challenging and supportive and has an extensive understanding of the technical skills and markers required. I would highly recommend Tracy for mentoring coaching.

Sheena Polese MBA M.Sc (Coach Psych) ICF PCC

Tracy's mentoring was informed, sensitive, practical and effective. In short excellent in all regards. She focused me on my identified development needs and balanced gentle prompts and tougher reflection for my own deep learning with education and techniques to build my skills.

Some of the most valuable things I learned through Tracy's mentoring were to pace myself and watch my "advice monster". More importantly I learned how to focus the coachee on their own process and in particular reflect on their own learning.

I'd be happy to recommend Tracy as a mentor for anyone in the coaching field especially if they are pursuing an ICF credential. She has a deep knowledge of the subject matter formed from wide reading, a constant hunger for new knowledge and ideas, and the wisdom that is gained from many years of practice. She has a warm, empathetic, light style borne from a genuine care for the people she works with. I have no hesitation in recommending Tracy to you and I'm sure you will flourish professionally and personally as a result of working with her. I have!

Nov. 2021 Tim Sprague M.Sc (Coach Psych) ICF PCC

Tracy mentored me through the ICF PCC accreditation process. She has assisted me to be a more thoughtful coach and given me tools to tailor my coaching more effectively to the wide variety of clients I see. Both the group and individual mentoring sessions were outstanding. At all times she was present, considered, and supportive, and was invested in helping me be the best coach I could be. I definitely recommend Tracy's mentoring services to others.

Debra Close M.Sc (Coaching Psych) ICF PCC July 2022



*Tracy was my mentor-coach during my ICF certification process. I benefitted from her expertise and wisdom and enjoyed the group and individual sessions which Tracy lead. Tracy provided detailed and helpful feedback and shone a clear light on the required markers. It was a challenging process yet very worthwhile and reflective in providing me with insights and perspectives which highlighted where I tend to focus when coaching. I have certainly grown from the experience.*

Feb 2021 Karen Stein | M.Sc (Coach Psych) Partner | Executive Coach PCC | Deloitte Australia

*Tracy understands the ICF, all aspects of the PCC accreditation process, especially so for the USyd coaches and was supportive of our coaching role plays. Tracy provides all the necessary and helpful links/admin/on-line completion documents/transcribing process details, shares constructive knowledge of the markers and how they are demonstrated, and the CKA process...I could go on!! I recommend Tracy if you'd like a supportive and challenging MCC coach mentor to help you with your PCC accreditation.*

Rita Holland PCC, MSc (Coach Psych) Jan 2020

*Tracy is a highly experienced and caring mentor always willing to go the extra mile. She is open and generous with information, tips and feedback and her wealth of knowledge and experience added an enormous amount of value to my personal and professional development. Tracy's honest and straightforward approach helped me to grow as a coach and she will always be an integral part of my development.*

Melissa Katz PCC Sydney Uni Coaching Masters Student 2018

*I found Tracy to be warm, approachable, professional and very experienced at what she does. My coaching has definitely improved and been finessed with her feedback and guidance over the last 3 months. I felt I was in safe hands with Tracy as she guided me every step of the way towards my PCC application and the submission process. I can highly recommend Tracy as a mentor coach.*

Sarb Chowdry PCC March 2019

*Tracy has been mentoring me in parallel to my coaching masters degree. Her advice has been instrumental in helping me translate my learning into practical coaching. Her program has enabled me to understand better my development areas and to bring to life the ICF competences. Under her guidance I have started to make the shift to true developmental coaching and am now ready to apply for my first coaching certification. I would highly recommend Tracy as a mentor as her constructive and highly detailed approach has elevated my coaching to another level and given me the confidence in my coaching practice.*

Claire McCaffrey PCC MSC (Coach) HR Associate Director Accenture 2018

*I would like to thank Tracy for mentoring a group of us at ACAP. Firstly I would have to commend her capacity to manage a group of our size and to manage that ever so calmly. I like the way she took us through the competencies and explained them in detail, drawing on examples to illustrate them further. Finally, in our one on one session where she provided me with feedback on my recording of a coaching session, she was both supportive and challenging. That is, she provided me with feedback that highlighted my strengths as well as feedback that helped me see where growth is possible. Thank you Tracy.*

Despina Safinkos PCC ACAP June 2016

*Tracy has an immense amount of coaching experience which she happily shared with me in our mentor relationship. I thoroughly enjoyed and was challenged by the mentor program. I am confident that I am a better coach as a result of having had Tracy as my mentor.*

Kimberly Luffman PCC Nov 2012

*Tracy was a fantastic mentor coach. She was able to use her skills and experience to lift my coaching to much higher level. Extremely generous and non-competitive with her advice and suggestions for improving my skills as a new coach. I felt supported, challenged and inspired to develop. Tracy's insights were very valuable and she was always willing to draw on real life experience when assisting in explaining an area for development or suggesting an alternate approach. I learned, grew and enjoyed working Tracy. Would highly recommend her as a coach or mentor.*

Rebecca Turner Singapore Nov 2011

For more information on taking your first steps on the path to a rewarding experience, please call or schedule a time to chat to see if my programs are a good fit for you.

Please click on this link <https://my.timetrade.com/book/LFMF6> to book a time to talk

*Tracy Tresidder*

**Past President ICF Australasia  
ICF Assessor  
ICF Registered Mentor  
2009 ICF Coach of the Year**



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