



**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 Coach Federation. I am pleased to offer you three different types of mentoring programs.

**Option One** – will fulfil the 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 partly group mentoring and partly 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 telephone or Zoom sessions unpacking the core competencies and feedback on recorded client coaching sessions .

**Option Three** – This program will provide 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 in 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 this mentor coaching program.

I have a Master of Education Degree, been lecturing at University for 25 years, and am passionate about helping people become the best they can be. I am an MCC certified Coach, an ICF Accredited Assessor, a graduate from The University of Sydney, with a Professional Development Certificate in Coaching Practice. I have also graduated from the following coaching training programs; 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 and of Sir John Whitmore’s Transpersonal Coaching Intensive. I am a practicing coach with over 4800 hours of logged coaching and a thriving business. I have experienced first hand the rigor of the ICF’s ACC, PCC & MCC portfolio credentialing process and was the Director of the Professional Standards Committee ICF Australasia and a Past President of the ICFA. I was the coordinator of the Australasian Credential Support Program, and was an active member of the ICF Global Supervision Taskforce . For 7 years I was the world-wide lead trainer and Mentor Coach for the Academy for Family Coach Training (ACSTH Approved); and am currently a teacher and mentor at Australian College of Applied Psychology (ACAP) within the Bachelor of Coaching; coaching, teaching and mentoring coaching students from all over the world.

## 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 11 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 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 <sup>1</sup>/<sub>4</sub> hour zoom meetings, or live in person, sessions of small group (minimum 4 and no more than 6 people) unpacking the ICF core competencies, discussing ethics, client scenarios, live coaching, recorded with feedback **plus** 3 hours of one to one mentor coaching sessions and preparation for the ICF multiple choice Coach Knowledge Assessment Quiz. Plus a final 1 hour wrap up group zoom meeting to check on progress with coaching logged hours, recordings, exam prep etc. This provides 11 hours of mentor coaching which more than fulfils the ICF requirement. Investment = \$2695.00 inclusive of GST – \$2885.00 if paid in 3 instalments
2. 10 hours of one to one telephone or 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 Coach Knowledge Assessment Quiz. Investment = \$4600.00 AUD inclusive of GST - \$4920 if 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 = \$895 inclusive of GST
4. Bring your own recorded sessions for feedback. Investment \$460 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 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

*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 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 Sydney Uni Coaching Masters Student 2018

*First and foremost, Tracy is incredible. I have found huge value in her delivery of theory in a 'practical and realistic' manner. For example, tips on words and phrases and delivery tone for coaching sessions was invaluable. Her ability to find simple language to describe potentially complex theory is hugely beneficial.*

– Rebecca Rynehart, Sydney Uni Coaching Masters Graduate 2018

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 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 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 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

*Tracy has been an incredible mentor coach. She is sharp, honest, supportive and very generous with her knowledge and resources. Her deep listening and questioning allowed me to look honestly at myself and recognize the mistakes that I was making. Her support and guidance helped me to come up with solutions to some challenging client situations. I learned a great deal by working with Tracy, who was always willing to share countless tips, ideas, questions, perspective, and material with me. Working with Tracy has given me more confidence as a coach and a clearer awareness of my approach to coaching. I recommend her to anyone who wants to grow or make significant changes in their lives, both personally and professionally.*

– Janette Sassoon. Jerusalem April 2011

*The mentor coaching sessions were an amazing learning experience. Not only did she listen deeply and ask powerful questions that deepened my learning and moved me forward but she assisted with blockages that I had not previously identified in myself and were able to over come to become an even better coach. Her knowledge, insight and expertise is invaluable and she is so generous with her time and her tools! I could not have asked for a better experience.*

– Jacqui Pollock. Sydney, November 2010

*Tracy is a superb supervisor and mentor. Experiencing mentor coaching with Tracy was a compassionate and respectful experience that was absolutely positive and it gave me additional knowledge and confidence that will improve my coaching skills tremendously.  
Thank you Tracy.*

– Chandra Levitt. Canada, 2009

*I have had mentors over the years for different areas in my life. I have never, however, had a mentor like Tracy Tresidder, my mentor coach. Tracy gave me the confidence to enhance my strengths as a coach and to reach higher and delve deeper than ever before. Tracy helped me target my weaker areas as well, and encouraged me to examine them, and forward my actions on behalf of my clients. Under Tracy's tutelage, I learned so much about myself that has helped me and will continue to help me in both in my professional and personal life. Her sensitivity and unique perspective as an active member of the ICF organization helps me to zero in on what is important and how to help my clients. This help comes in the shape of meaningful questions and viewpoints, and a deep level of understanding my clients and their needs. Tracy paved the way for my journey toward being the best coach I can be, and for this gift I am forever grateful!*

– Sariva Sklar. Small Wonders Coaching, LLC. New York City March 2009

*The mentor coaching sessions were a real learning experience. I learned how to ask powerful questions the right way. The core competencies were not abstract anymore, but rather they became something real. Tracy went through each competency after the session and highlighted what I did well and where improvement is needed. There was no failure, only learning and going forward. My own feedback was a lesson in awareness and self- analysis. The insights about myself were most informative and let me view my qualities and deficiencies in a most profound and productive manner. Best of all, Tracy always infused me with confidence in my abilities as a coach.*  
*Thank You Tracy.*

– Rabbi Joseph Lewi, New York Feb 2009

*Tracy has a gift for mentor coaching that I am honoured to have experienced. Her teaching background makes her not only incredibly attentive, but also a treasure chest of tips, insights, and recommendations. Thanks to her gentle, but challenging approach, I grow more professional as a coach during every encounter with Tracy. If you're looking for a mentor who'll put you on the fast track to becoming a masterful coach, you couldn't choose a better mentor than Tracy Tresidder. Thanks a bunch*  
*– all the best.*

– Venus Taylor, Boston May 2008



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*Tracy Tresidder*

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



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