

ACC (ASSOCIATE CERTIFIED COACH) PROGRAMME

Oprah Winfrey states, that it was coaching that enabled her to get where she is today !!

When we speak of *Coaching*, organisations recognize “ICF” (The International Coach Federation) as the principal accreditation body with worldwide recognition. You can now attend a Coach Training Programme in Mumbai for getting 60 hours for your ACC credentialing.

Mohana HR Futuristics (MHRF), a Management Consulting organization specializing in people transformation through Coaching, Training and Consulting offers this programme through a unique methodology of “Face-to-Face” sessions and assignments. This approach blends Western psychological models with Eastern spiritual principles to enhance self-awareness.

You will find more information about MHRF on our website – www.mhrf.co.in

According to the **ICF Global Coaching Client Study**, all companies or individuals who hire a coach are satisfied. A **vast majority of companies** (86%) said that they made their investment back. In fact, almost one-fifth (19%) saw a **ROI of 50 times their investment**, while another 28% saw a ROI of 10 to 49 times the investment. A stunning 99% of people who were polled said they were somewhat or very satisfied with the overall coaching experience.

Benefits of Coaching¹

- Improved work performance and business management
- Increased team effectiveness
- Enhanced growth and opportunities.
- Improved relationships
- Effective communications skills
- Work-life balance and an improvement in wellness.
- Effective time management

The Program Requirements

TIME & COST	Associate Coach Certification (“ACC”)
Total commitment	60-hours over 6 months (1 or 2 days every month from May until October)
Face-to-face at location	54-hours over 6 days
ACC Mentored Coaching	10-hours over 6 months
Self-study, assignments and in-group peer coaching	10-hours
Target audience	Professionals who believe in adding Coaching as a competency to their existing skills
Course fee	Rs.75,000 + 15% service tax

¹ ICF Global Coaching Client Study

Additional ICF Credential Requirements

MHRF will provide the total training hours including face-to-face, mentoring, and assignments. To complete the ICF credential process, participants must submit the following to ICF online:

- MHRF Certificate
- Coaching experience hours log and verification (100-hours for ACC)
- Online ICF Knowledge Test
- ICF fees (not included in MHRF course fees)

For details of ICF credential requirements and fees, please visit: www.coachfederation.org

Course Structure

The Program is based on ICF competencies, GROW model, and the 70:20:10 leadership development paradigm. Each module will be experiential, i.e. it will focus on the bases of Coaching with an emphasis on coaching practice.

The 6 Modules would cover the following topics:

- Eleven ICF Core competencies
- The GROW Model, Inner Game and other major coaching models
- Knowing and practicing the essential skills required for coaching
- Neuroscience, its linkage and application in Coaching
- Neuro-Linguistic Programming (NLP), its linkage and application in Coaching
- The Coaching Journey – a step by step process to be used by you as a Coach with a Client
- Observed and Mentored coaching based on the above

Course Content Manual and complete training deck will be provided to participants.

Starting Date -

- June 2 , 2017
- July (one Saturday and Sunday)*
- August (one Saturday)*
- September (one Saturday)*
- October (one Saturday)*

* - These dates will be announced shortly

Venue

Fortune Park Lakecity (the programme will be in the room called “Gyan” on 1st Floor)
Eastern Express Highway
Thane West – 400 601.
Tel.: 022-39884422

Programme Facilitator Profile - Mohana Kotian



Being passionate about people, Mohana has a rich and varied industry experience (Manufacturing, FMCG, Industrial Services, Consulting) of 30 years in HR Consulting, Executive & Business Coaching and Training.

She is an accredited PCC from ICF and CPC from ICA. She is qualified and uses the MBTI (Step 1 and 2), FIRO-B, NLP, Behavioral & Theatre Lab nuances in her coaching, training and consulting assignments.

She started MHRF in 2009 and her key clients are the Godrej Group, the Aditya Birla Group, the HDFC Group, Merck Pharma, Astellas, L&T, to name a few.

What her clients say:

“Sometimes in life, you meet people, who touch you in many different ways. In my life, I met Mohana who helped change my perspective both personally and professionally. Mohana’s calmness and ability to nudge at the right moment was an absolute brilliance during her coaching sessions and enabled me to navigate seamlessly through issues. I enjoyed the process of being coached by her every time and discovering the way forward. Mohana’s skills and ability to put clients at ease is one of her biggest strengths.”

— Sr. Vice-President, Head – Learning Delivery of a Multinational Bank

Galileo’s statement embodies the essence of coaching

“You cannot teach a man anything; you can only help him discover it in himself.”