

# JS-International



## CERTIFIED COACHING COURSE - 2023

“PERSONAL MASTERY IN COACHING AND MENTORING”



[WWW.JS-INTERNATIONAL.COM](http://WWW.JS-INTERNATIONAL.COM)



# OUR PURPOSE

Our purpose is to deliver a world-class accredited programme in personal development, coaching and mentoring for Leaders in businesses, HR professionals and aspiring Coaches and Mentors.

We aspire to be the best for the world and are committed to create a cadre of Coaches and Mentors that are sought out for the services that they provide as they really make a difference to their clients and are a positive source of influence.

We have created two excellent programmes for you to learn how to be a world-class Coach, either directly with clients or in a team leadership role.

We are committed to deliver a huge part of these programmes live and on-line, using remote technology such as zoom, thereby preparing our Coaches to be able to deliver coaching confidently and flexibly in a way that the world will continue to demand.







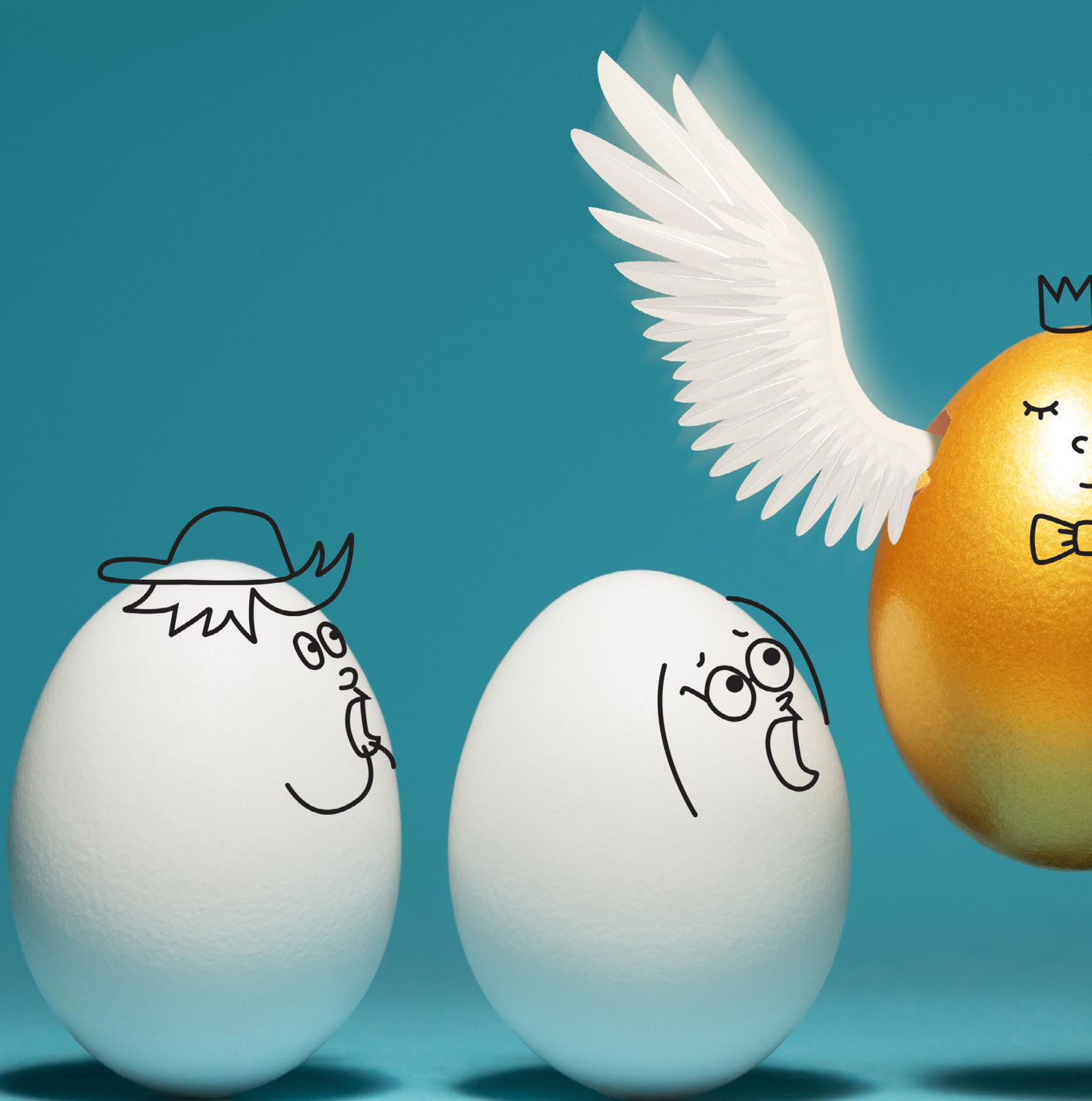
*"Few have the greatness to bend history itself, but each of us can work to change a small portion of events, and in the total of all those acts will be written the history of this generation. It is from numberless diverse acts of courage and belief that human history is shaped. Each time a man stands up for an ideal, or acts to improve the lot of others, or strikes out against injustice, he sends forth a tiny ripple of hope, and, crossing each other from a million different centres of energy and daring, those ripples build a current that can sweep down the mightiest walls of oppression and resistance."*

**Robert F. Kennedy**



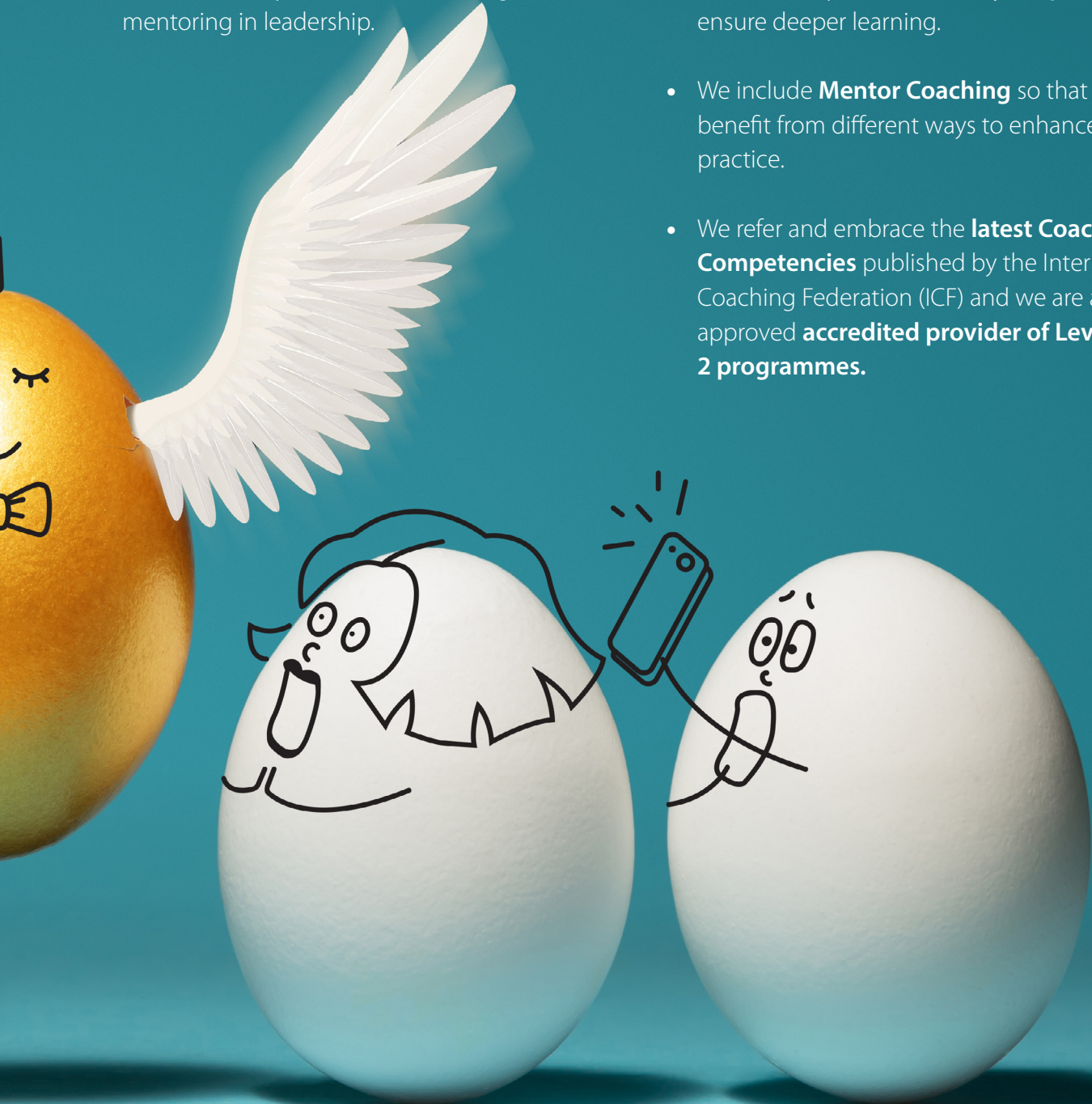
# WHAT STANDS OUT ABOUT OUR PROGRAMMES?

Making a decision about which Coaching programme to attend can be challenging. It is important to explore the option that is right for you. When we set-out to design our programmes there were critical things that we embraced in our programme design:





- We wanted to ensure that the Coaches we worked with were **not wedded to a specific methodology**. We, therefore, expose our aspiring Coaches to **different ways of working** as a Coach, so that at the end of the programme you can make an informed choice about how you wish to work.
- Not only do we assist you in your thinking about what you do as a Coach, we also enable you to consider your sense of **being as a Coach, what you feel as a Coach and also what you know**.
- Our Coaches can then make **informed choices** about how they wish to use coaching and mentoring in leadership.
- In addition we wanted to ensure that our Coaches were informed about the psychological underpinning of coaching. We, therefore, cover the different **psychological approaches**.
- We **blended academic rigour and practical work** around the attendance of the modules.
- We include **diversity, equity and inclusion and appreciation of transcultural issues in business, together with an understanding of unconscious bias and its impact on decisions**.
- We share ways to **reflect on your practice**, to ensure deeper learning.
- We include **Mentor Coaching** so that you can benefit from different ways to enhance your practice.
- We refer and embrace the **latest Coaching Competencies** published by the International Coaching Federation (ICF) and we are an approved **accredited provider of Level 1 and 2 programmes**.





# WHAT IS THE CONTENT OF THESE PROGRAMMES?

The components of our learning content are steered by the accreditation guidelines from the ICF (International Coaching Federation: [www.coachfederation.org](http://www.coachfederation.org)) as well as our own standards. We deliver two world-class programmes and they can be taken concurrently:

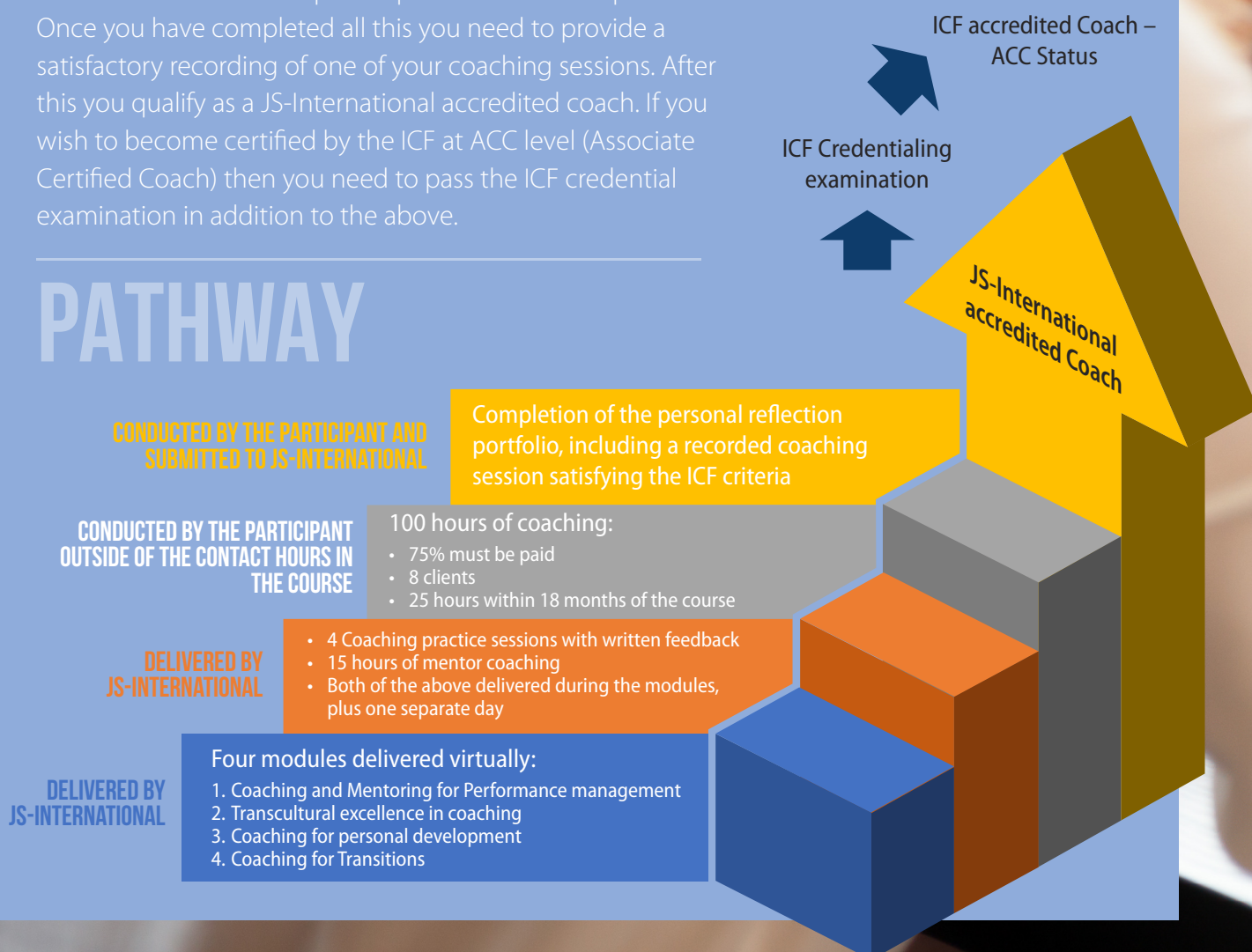
## Personal Mastery in Coaching and Mentoring – Part 1 (Level 1 from the ICF)

The modules are (all of 3 days and delivered remotely):

- Coaching and Mentoring for Performance management
- Transcultural excellence in coaching
- Coaching for personal development
- Coaching for Transitions

You are expected to conduct 100 hours of coaching outside of the modules and complete a personal reflection portfolio. Once you have completed all this you need to provide a satisfactory recording of one of your coaching sessions. After this you qualify as a JS-International accredited coach. If you wish to become certified by the ICF at ACC level (Associate Certified Coach) then you need to pass the ICF credential examination in addition to the above.

## PATHWAY



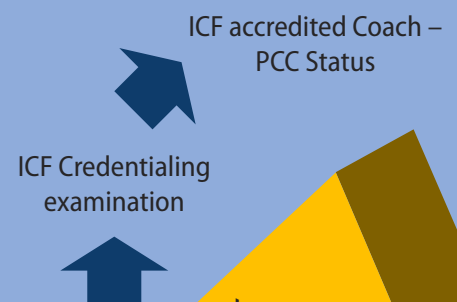


# Personal Mastery in Coaching and Mentoring – Part 2 (Level 2 from the ICF)

The modules are:

- The NLP practitioner with Neuroscience (7 days – delivered face to face)
- Advanced coaching skills (3 days – delivered remotely)

You are expected to conduct 500 hours of coaching outside of the modules and complete a personal reflection portfolio. Once you have completed all this you need to provide two satisfactory recordings of your coaching. After this you qualify as an Advanced JS-International accredited coach. If you wish to become certified by the ICF at PCC level (Professional Certified Coach) then you need to pass the ICF credential examination in addition to the above.



## PATHWAY







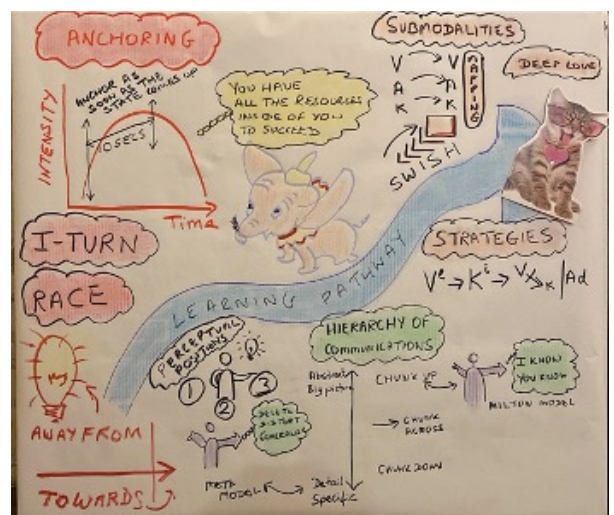
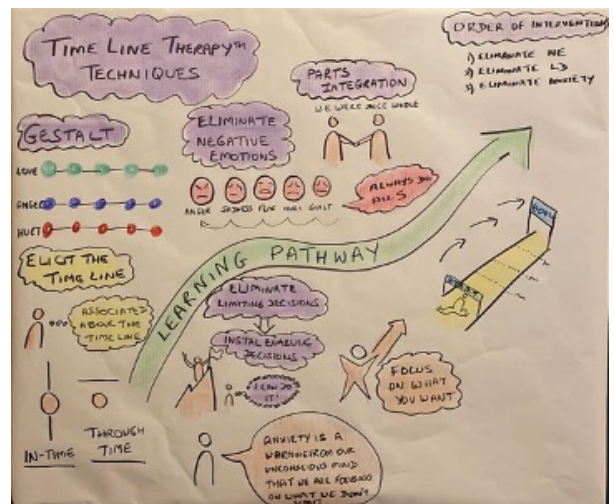


# HOW ARE THESE PROGRAMMES DELIVERED?

- A large part of these programmes are delivered remotely. Only one module in the Level 2 programme is conducted face to face.
- Two trainers (Master Certified Coaches) are present, the programmes are interactive and run so that you will benefit from personal and small group feedback.
- The programme is facilitated by Sally Jackson (Master Certified Coach) and Jan Versteeg (Master Certified Coach). Both of these world-class trainers have nearly 20 years of coaching experience in top global organisations.
- The programme includes the required amount of Mentor Coaching and feedback to meet the ICF demands.
- Upon successful completion of the course, including your personal reflection portfolio and requisite amount of hours, you are awarded JS-International's own certificate. Should you wish to obtain ICF status, you need to complete an on-line examination administered by the ICF. Please see the evolution of ICF accreditation webpage. <https://coachingfederation.org/coaching-education/evolution-of-accreditation>

- The vehicle that is used to deliver the programmes virtually is through technology such as zoom or Microsoft teams. We believe that coaching in the virtual domain will be the go-to practice in the future as more and more people become accustomed to using virtual technology. So, having a course that is delivered in this way will help you to be ahead of the game.

- The programmes are delivered in a modular way:
  - Personal Master in Coaching and Mentoring – Part 1 (Level 1 from the ICF)
    - 4 workshops over approximately 10 months
    - Each module delivered virtually over 3 days
    - 1 final day delivered virtually separately from the modules
  - Personal Mastery in Coaching and Mentoring – Part 2 (Level 2 from the ICF)
    - 1 module over 7 days
    - 1 further module over 3 days
    - Self study







# WHAT IF YOU WOULD LIKE TO ATTEND?

## **PERSONAL MASTERY IN COACHING AND MENTORING PART 1**

### **DATES ARE:**

- **23RD – 25TH SEPTEMBER, 2023**  
Coaching and Mentoring for Performance management
- **23RD – 25TH NOVEMBER, 2023**  
Transcultural excellence in coaching
- **8TH – 10TH FEBRUARY, 2024**  
Coaching for personal development
- **25TH – 27TH APRIL, 2024**  
Coaching for Transitions

There will also be an additional one day to attend to support you in your practice and Mentor Coaching moving towards accreditation. For accreditation you need a minimum of 100 hours of coaching.

Should you wish to complete the NLP and Neuroscience course the dates are 1<sup>st</sup> – 7<sup>th</sup> October, 2023. This module will be delivered in Malta. Dates for the Advanced Coaching skills module for Level 2 are to be determined.

Please call or email Sally Jackson for an introductory conversation:

- Email: [sallyjackson@js-international.com](mailto:sallyjackson@js-international.com)
- Phone: +356 99727552

It is highly recommended that you have conducted some personal development work and have a high proficiency in the English language, both written and oral. It is also beneficial for you to have done some coaching or mentoring, either formally or informally. You will also need a good internet connection and private space to attend the training.





We are very happy to provide references and for you to talk with previous participants on request.

## *What have clients said about the programme?*



*"I arrived with high expectations, and was amazed and delighted by the power of this programme. Not only has it enhanced my coaching skills but it has had a real impact on me personally".*

*"This was a unique learning experience; it was not just about learning the techniques., it was clearly designed to facilitate our own change process. By being excellent role models and building tremendous trust in both the process and in ourselves. Sally & Jan, really made a difference. And now we will be able to also!"*

*A wonderful training experience with two masters - The days flew by, which considering the length of them was surprising. I felt energised, informed, entertained and most importantly skilled by the time I finished the course.*

*Speaking as a true corporate beast: You talk my language, understand my needs and provided me with a real blue chip experience... thank you!*

# JS-International

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