

COACHING ESSENTIALS

Deepen your influence and leadership impact



"Coaching Essentials provided a fantastic introduction into the powerful process that is coaching. I gained a clear understanding of exactly what coaching is and how it can be used to help people both personally and professionally. Andy and Mary are engaging & knowledgeable and they create a safe, supportive space where everyone is encouraged to practice their coaching skills. I loved this introductory course so much that I signed up to do the Coaching Certificate with them too!"

Rebecca, University Scholarships Officer, NZ

"I took Coaching Essentials as part of my professional development in 2023. I was sure that I was already using coaching and simply wanted to gain some new skills to use with my students. Within the first hour, I realised I had had no idea what coaching actually is, and I was hooked. Andy and Mary are an amazing team; they create a learning bubble in which I felt safe to ask questions, be vulnerable, and above all, learn some amazing techniques. I loved it so much that I signed up for the full programme the following year!"

Jemila, PhD, Microbiologist, NZ

Coaching is a collaborative, personalised process that facilitates new thinking to cause positive change

...

This programme is approved by the International Coach Federation with 10 Continuing Education Units

Who's this programme for?

HR Professionals

Develop your expertise, build engagement, begin or sustain a coaching culture initiative; take what you are learning into your workplace and **magnify change processes** inside your organization and beyond. Build your understanding of the human brain, emotional responses and increase motivation to grow your people.

Managers and Leaders

Grow your team. Are you a leader with technical and topic expertise who is NOW READY to grow your leadership skills? Are you seeking effective processes and models?

Build your self-awareness and social awareness.

Consultants / Change Management Specialists

Develop the specific coaching skills you require to **respond to your clients' identified needs for engagement, culture change and coaching services.** Adapt to global market trends, respond to increased demand for coaching services from your clients; offer gold standard professional service. Deepen your and others awareness's.

Coaches – Whatever your niche

New to coaching and looking for you niche, or already **experienced and now seeking an ICF credential?** A **Life coach** looking to grow your business and future, or an **Internal coach** growing a coaching culture? This training delivers structures, processes, skill-set and reflection tools to shift you powerfully forward as a coach (and as a human being).

What are the outcomes of this programme?

- **What is Coaching?** We look at what is and what is not coaching. And how coaching is recognised as the number one leadership skill. We look at the Neuroscience and how we can use this as Managers and Leaders.
- **The importance and role of observation in Coaching:** Understanding the importance of listening and what stops us listening; effective speaking techniques; and we provide a conversation model that always works.
- **Establishing the focus for the conversation:** We learn about Human Emotional Response and how to work with this.
- **And how you will accelerate individual and team performance and build self-awareness.**

How the programme is structured



10 hours of continuing education

- Delivered across one live day, or virtually across two half days. And with 2 x 1 hr webinars.

Recognised by the International Coach Federation as "Continuing Coach Education Units" (CCEU's)

- Core Competencies 6.5 hrs
- Resource Development 3.5 hrs.

Programme costs:

Please contact us for pricing. Costings will depend on the Group size.

Your Coaching Essentials team

"Please meet your Coaching Essentials team! We are excited to present this group of excellent Associates. Each brings integrity, experience and a deep knowledge of coaching essentials. *Andy and Mary*"



Kate Birch, ACC
Auckland
[linkedin.com/in/kate-birch](https://www.linkedin.com/in/kate-birch)



Sophie Hayman, ACC
Auckland
[linkedin.com/in/coach-sophie-hayman](https://www.linkedin.com/in/coach-sophie-hayman)



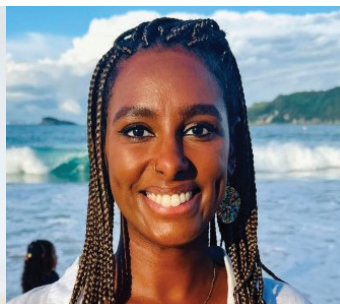
Steve Hunter, ACC
Northland
[linkedin.com/in/stevehunternz](https://www.linkedin.com/in/stevehunternz)



Lisa Mullions, ACC renewed
Auckland
[linkedin.com/in/lisamullions](https://www.linkedin.com/in/lisamullions)



Rebbecca Sweeney, ACC
Christchurch
[linkedin.com/in/rebbecasweeney](https://www.linkedin.com/in/rebbecasweeney)



Dana Toogood
Auckland
[linkedin.com/in/dr-dana-salih-toogood-b7995843](https://www.linkedin.com/in/dr-dana-salih-toogood-b7995843)



Mary Britton, PCC | **Andy Britton**, PCC.
Directors of Coaching Pacific
[linkedin.com/in/marybritton](https://www.linkedin.com/in/marybritton) | [linkedin.com/in/andy-britton](https://www.linkedin.com/in/andy-britton)

Contact us
COACHING PACIFIC LTD

Phone: **Lisa on 021 026 61057**
Email: info@coachingpacific.com
Address: Coaching Pacific Ltd,
63 Fisher Point Drive,
Auckland 1011, New Zealand

www.coachingpacific.com

coaching pacific