



Excelsis Coaching Level 1 Program

- Would you like to develop stronger leaders in your team?
- Do you want to help unlock others' potential to live out their calling?
- Do you have the passion to help others succeed?

If your answer is **"YES"**, then The "Excelsis Coaching Program" is for YOU!



"This workshop has exponentially increased my awareness of listening, asking questions, staying others-centered, etc. Through this course, I have also been able to see some dots connecting my own life and have seen God working very clearly leading me to "fully live out God's calling in my life".

~ Allyson (Consultant of NGO)

Introduction.

Today, organizations and people helpers are embracing coaching as an effective tool for empowering others and improving team effectiveness. This program will equip you with coaching mindset and skillset to help others reach their potential.

Program Information

Title: (1) 2-day Coaching Foundation Workshop
Date: October 3-4, 2019
Time: 9am – 6pm (Daily)
Location: TBC
Investment: \$350
Closing date: September 19, 2019

Option to Upgrade to include:

Title: (2) 2 months Coaching Practicum + Teleclasses
Date: October to November 2019
Investment: \$ 650

Total investment (1) + (2) = \$1000

If you sign up together
Special Bundle investment (1) + (2) = \$900



Who should attend this coaching program?

Church/business/mission/organization leaders and various people helpers (mentor, counselor, consultants, etc.) who wish to develop their coaching skills and take on a part time or full time coaching role.

Level 1 Coaching Foundation Workshop

This workshop is recommended for participants who want to learn the coaching skill without practicum and certification.

1. 2 days live workshop
2. Workshop Outline:
 - a. Developing the mindset of an empowering leader
 - b. Building rapport and develop a trusting relationship
 - c. Active listening to creating space for people to grow
 - d. Asking powerful questions to invoke discovery and gain new awareness
 - e. Guiding the conversation in a non-directive way using a coaching model
 - f. Giving effective feedback that build others up
 - g. Direct communication to uncover blind spot
 - h. Generate options and take effective actions to move forward
 - i. Effective follow-up and accountability for success



Level 1 Coaching Certification Upgrade

This upgrade is a 2 months follow-up training recommended for participants who want to work towards certification as a coach.

1. 2 x teleclasses (2 hour/session)
 - a. Discover your unique value and contribution
 - b. ICF coaching competencies requirement
 - c. Offer your coaching services
 - d. Use practical coaching tools.
2. 2 x coaching labs (2 hour/lab)
 - a. Use your skills in real coaching situations
 - b. Get real time feedback from certified coaches to improve your coaching.
3. Weekly coaching to accumulate coaching hour for ICF certification.
4. At least 4-hour of course assignment, reading, reflection and journaling



How does the program lead to ICF certification?

The 2-days live workshop and the 2-months follow-up practical training will provide you with 28 hours of coach specific training hours towards the 60 hours required by ICF for certification. We will offer a Level 2 coaching certification course and mentor coaching in the near future to support you in becoming an ICF certified coach.

What others are saying about our courses?

I personally have benefitted tremendously from the coaching workshop. In the past when someone comes to me with a problem, I will most likely try to sympathize with them or try to justify or explain. Now I learn how to listen to what's in that person's heart and it has helped me both at home and at work. I can actually listen and find out what they see as happening in their perspective, instead of immediately jumping to defend a decision or explain a situation. I think no matter your profession or position; this will help you as long as you have to communicate with people.

~ Summer Kimmel (Director)

I am very grateful to be able to participate in the coaching training by John Lim. In the course, I learned what is coaching. More importantly, I learned the mindset of a coach and my willingness to accompany my client to grow. I learned how to support my client's growth through the coaching process and seeing them experience transformation bring great joy to be as a coach. The Christian Coaching course is a "God-centered" coaching training. We believe that our Heavenly Father gives everyone great potential and talent. As a coach, we have confidence in our clients and are willing to accompany them on this journey of growth and discovery.

In the course, John's dedication and coaching demonstration gave me a lot of inspiration. Whether it is the 2-day basic Level 1 course or a 3-day professional Level course, I felt excited about my learning. During the course, I met many like-minded friends; I benefitted a lot from practice coaching each other and share with each other our learning experience.

After the live workshop, we had online teleclasses that helped us to review what we have learned earlier. We also learn new coaching skills, discuss the problems we encountered in our coaching practicum and including a Q & A session to deal with any questions arising.

~ Eva Qiu (ICF Certified Coach 2018)



Who are the trainers?



John and Song Lim (Husband and Wife): Founder and Coach Trainers for Excelsis Coaching Asia

Both are International Coach Federation (ICF) Certified Coaches with more than 1500 hours of combined coaching experience. They have been conducting coaching training for the last 8 years and many of their trainees have now become ICF certified coaches. Their areas of specialty are the Coaching Certification program, “Leader As Coach” workshops, leadership coaching, mission coaching, marriage coaching and career coaching.

John Lim, prior to starting Excelsis Coaching Asia, was the Director of Coaching, a Lead Coach Trainer, Executive Coach and Mentor Coach for international training company LDiT in China. He has 20 years of working experience with various MNCs. He was involved in Project management/ Maintenance/ Engineering in Exxonmobil. He graduated from the University of New Brunswick (Canada) in Mechanical Engineering, Technology Management and Entrepreneurship.

Song Lim also trained and coached with John while at LDiT. She has 10 years of working experience with various MNCs. She was a System Analyst in Huffco and Reuters, an IT consultant with DMR Consulting (Canada) and IT manager with St Luke’s Hospital. She graduated from University of Dalhousie (Canada) Honors in Computer Science.

How do I sign up for Excelsis Coaching Level 1 course?

If you are interested to sign up for our course, please register using the following link:

https://docs.google.com/forms/d/e/1FAIpQLScWEvO8VYWLqDXiET8709zRrJMN_XUR9XiGIWbMqU-t4Qcbcw/viewform?vc=0&c=0&w=1

Please feel free to contact me if you need any clarification.

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