

# Coaching to Mastery

Enhancing your Confidence, Competence, and Credibility

---



**Why Coaching to Mastery?** 24 ICF CCEU's, greater marketing credibility, the ability to command higher rates, create your own innovative programs, and demonstrate extraordinary leadership in the world.

This course is FOR YOU, if you want to upgrade your skills, and you are ready to reach deeply within, release limitations, and call forth your greatness both personally and professionally.

Take the opportunity to work with two Master Certified Coaches - Adria Trowhill and Fran Fisher.

SIX *plus* great reasons to invest in **Coaching to Mastery** NOW:

1. This is a master level course, certified by ICF. Earn 24 ICF CCEU's
2. Gain greater clarity, understanding and mastery of the ICF Core Coaching Competencies
3. Deepen your self-trust and confidence as a masterful coach
4. Enhance your ability to promote and sell the value of your coaching
5. Increase your rates
6. Strengthen your intuitive ability and authentic expression

*BONUS Reason:* There is no better time than right NOW to invest in your professional development.

**Coaching to Mastery** Course is custom designed FOR:

- PCC aiming to enhance their skills
- PCC or MCC looking for recertification credits
- Portfolio candidate applying for ICF PCC or MCC credential
- Portfolio candidate looking for an advanced level CCEU course
- Internal corporate coaches (mid-large companies) looking for advanced learning to strengthen your role

# Coaching to Mastery

Enhancing your Confidence, Competence, and Credibility

---

Would you like to be:

- More at ease in your coaching conversations?
- Expanding your client's awareness into new territories?
- Completely present, connected and in resonance with your clients?
- Flexible, intuitive and vulnerable?
- Reflecting the totality of your client's greatness?

*If your answer is yes, THIS COURSE IS FOR YOU.* We are committed to supporting you in taking your coaching to extraordinary heights of mastery.

**Format:** Teleclass series of 2 hour sessions twice monthly; 6 months; Includes: demos, exercises, peer coaching and feedback, client coaching and feedback, resource materials, reading and homework assignments.

**Maximum:** 12 participants (We will use Maestro Conference technology)

**Dates:** Wednesday evenings, bi-weekly, starting 2010, DATE TBD

**Time:** 5:00 – 7:00 pm Pacific; 8:00 – 10:00 pm Eastern

**Tuition:** \$1,795 Canadian (*approximately* \$1,450 USD)

**Terms:** \$150 CAD Deposit; balance due October 15  
Or: \$300 CAD deposit + \$300/month for 5 months

**To REGISTER or for further information please contact one of the facilitators:**

**Adria Trowhill, MCC**  
[Adria@positrakcoaching.com](mailto:Adria@positrakcoaching.com)  
416-229-4798  
[www.positrakcoaching.com](http://www.positrakcoaching.com)

**Fran Fisher, MCC**  
[Fran@franfisher-coach.com](mailto:Fran@franfisher-coach.com)  
425-401-1374  
[www.franfisher-coach.com](http://www.franfisher-coach.com)

# Coaching to Mastery

Enhancing your Confidence, Competence, and Credibility

---

**Mastery** in coaching comes with time and experience. The International Coach Federation has high expectations for coaches choosing the route to Mastery. Coaches at the level of Mastery fluidly demonstrate the art, heart and science of the craft.

For this 'distance learning' course, we will:

- Combine virtual teaching and coaching with webinar technology to support you in gaining a clear understanding of the ICF competencies.
- Focus on each of the ICF core competencies, and then integrate them into your coaching.
- Provide facilitator demos, facilitator feedback, and feedback from your peers.
- Include experiential exercises and required reading, designed to raise your awareness of the application and behavioral contingencies of the coaching mindset for impactful and meaningful coaching interventions.

## **INTRODUCING the facilitators:**

**Adria Trowhill**  
Master Certified Coach

**Fran Fisher**  
Master Certified Coach

**Adria** and **Fran** are highly innovative coaching professionals who specialize in the people development technology of business. Together they bring over thirty years of combined entrepreneurial coaching experience.

Focusing on executive leadership, high performance team coaching, coaching skills training, business development, and cultural change initiatives, their approach is grounded in the coaching philosophy as a framework and process for addressing client's complex personal and professional challenges.

**Adria and Fran** are highly skilled mentors for experienced and aspiring coaches. Each of them is an ICF Assessor with over 6 years of experience examining ACC, PCC, and MCC applicants for ICF credentials.

**See their brief bios below:**

# Coaching to Mastery

Enhancing your Confidence, Competence, and Credibility

---

## **Adria Trowhill , MA, PhD (ABD), Master Certified Coach**

*Canadian Coach of the Year, 2008*



**Adria** is a Master Certified Coach who is a trailblazer in Canadian leadership and leadership team coaching. Adria has coached leaders and teams in North America and abroad since 1994. As a trailblazer in leadership team coaching, Adria has created the 'Living Systems Approach'™ for coaching collaborative work groups and intact teams. This approach treats teams as dynamic evolving systems and uses the ICF core competencies as a basis for the coaching. Her clients are senior executives, leadership teams and corporate coaches across North America who are committed to getting results by bringing creativity, openness to new ideas, strategic thinking, passion and spirit to the workplace. Adria's vision is to make a significant difference in the creation of empowering, highly productive cultures for work.

Adria is a passionate teacher and supporter of coaches in training, as well as new coaches entering the profession. In her role as founding faculty of Adler International Learning, Adria continuously 'raises the bar'. She is known for her integrity, her leading edge thinking, her highly intuitive and creative approach, as well as her commitment to holding high standards for herself and her students. Her papers have been accepted at international conferences, and in the inaugural edition of the 'Executive Coach' magazine. Adria was a writer for the Canadian entrepreneurial magazine, Esteem, and has been featured in the Financial Post, Globe and Mail, Puget Sound Business Journal and other media. Most recently, her team coaching article, *It All Begins with the Dancing* appeared in the December issue of CHOICE.

Adria served as President of the Toronto International Coach Federation for 2.5 years, was Canadian leader for ICF for 2 years and a past program director for the Association for Coach Training Organizations, ACTO. Adria was a key player in the certification of the Adler International Learning coaching program. She is on the faculty of *inviteChange* in Seattle WA, and is a *Living your Vision*® Licensed facilitator. Adria is also an avid skier and accomplished pianist.

# Coaching to Mastery

Enhancing your Confidence, Competence, and Credibility

---

## Fran Fisher, Master Certified Coach



Fran Fisher, MCC

**Fran** is a Master Certified Coach (MCC), visionary leader, international speaker, and published author. She is President of FJFisher Coaching and Consulting, providing programs and services for individuals, small business owners, executives, and collaborative teams.

Fran is recognized internationally as one of the pioneers and champions for coaching. She served as a founding International Coach Federation, ICF, Executive Board member, and co-chair of the Ethics and Standards

Committee, responsible for developing the Credentialing Programs for aspiring coaches and training schools. Fran was the first Executive Director of the Association for Coach Training Organizations, ACTO. She is currently serving as an ICF Credentialing Assessor.

Fran's passion is helping people liberate their authentic power and manifest their highest visions. She specializes in facilitating a transformational approach for blending the art of visioning with the structure of strategic planning and intuitive listening to empower her clients for greater success and fulfillment.

In 1991, Fran founded the *Living Your Vision*® (LYV) process for empowering individuals in transforming their visions into reality. In 1997, Fran founded the Academy for Coach Training, one of the first International Coach Federation (ICF) accredited schools. In 2005, shifting her focus to private practice, and more writing and speaking, Fran sold the ACT and LYV businesses and their associated trademarks to I & AM, LLC dba inviteCHANGE.

Fran is author of [Violet's Vision](http://www.violetsvision.com), [www.violetsvision.com](http://www.violetsvision.com), a contributing author to the Simon and Schuster bestseller [Chocolate for a Woman's Soul](#), and a contributing author to [A Guide to Getting It, a Clear Compelling Vision](#) and [A Guide to Getting It, Passion and Purpose](#).

Fran lives in Bellevue, Washington, USA. In her leisure time, she enjoys ballroom dancing and long walks on ocean beaches.

[www.franfisher-coach.com](http://www.franfisher-coach.com). BLOG: [www.myinspiringfuture.com](http://www.myinspiringfuture.com)