



THE  
PERFORMANCE  
COACH

EMERGE  
PERFORMANCE



# The Performance Coach

## ICF Level 2 Bridging Program

*A bridging program for coaches progressing toward the ICF PCC credential*



MORE INFO:



[www.emergeperformance.net](http://www.emergeperformance.net)

*You've started your coaching journey. Now it's time to level up.*

# Introduction

Welcome to **The Performance Coach (TPC) Level 2**, a bridging program for coaches aiming for the ICF **Professional Certified Coach (PCC)** credential.

Accredited by the **International Coaching Federation (ICF)**, this program builds on global standards and emphasizes core competencies essential for today's coaching landscape.



# Program Overview

- **Designed for:** Coaches who have completed Level 1 or hold an ACC credential and are looking to bridge toward the ICF PCC credential.
- **Duration:** 70+ contact hours over 4–5 months as part of a cumulative 125+ hour training pathway (including Level 1).
- **Format:** Available both online and in-person to suit diverse needs.



# DISCOVER HOW YOU CAN...

1

Deepen your mindset, sharpen your listening, and coach with **greater confidence and impact.**

2

Build on your foundational training and move forward with a structured path to **PCC-level mastery.**

3

Apply **advanced tools, frameworks, and reflection practices** to support real-world transformation.



# What Makes Us Different



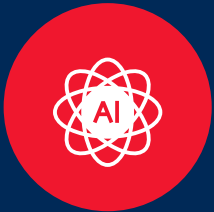
## **Rooted in Sport & Performance Psychology**

Our program is deeply influenced by proven principles from sport and performance psychology, designed to enhance mental strength and resilience.



## **Supportive Coaching Community**

Connect with professional coaches from around the globe through **The Coaching Village**, with opportunities to share insights and practice coaching with peers.



## **Enhanced with AI-Assisted Training**

We leverage cutting-edge AI technology to provide personalized training experiences and insights, making your learning process more efficient and tailored to your coaching style.



# PCC Credential Pathway

## To be eligible for PCC via the Level 2 pathway:

- Complete **125+ hours of coaching education** (65 hours from the Level 1 program)
- Complete and log **500+ coaching experience hours**
- **Pass the ICF Credentialing Exam** (if not previously passed for ACC)



### Step 1:

Complete a **TPC Level 1 Program** or any ICF-accredited Level 1 program. Education hours: 65+ hours



### Step 2:

Complete **TPC Level 2 Program**, including:

- Enrollment in live classes
- 10 hours of mentor coaching
- Successful performance evaluation

Education hours: **125+ cumulative hours**



### Step 3:

Accumulate 500+ coaching hours

Track your hours with a detailed coaching log



### Step 4:

Pass ICF Credentialing Exam

Submit your PCC application to ICF



# Curriculum Highlights

Our curriculum is designed to deepen your coaching expertise across multiple dimensions. These core areas reflect the competencies required at the PCC level and are supported by practical, research-based learning experiences.



# Program Structure



## INTERACTIVE LEARNING:

Participate in 2-hour live sessions focused on specific modules and core coaching competencies.



## MENTOR COACHING:

Receive 10 hours of structured mentor coaching, including both group and individual sessions.



## OBSERVED COACHING:

Complete 5 observed sessions with written feedback to refine your coaching techniques.



## GROUP SUPERVISION:

Join facilitated sessions to reflect on challenges and strengthen your coaching practice.



## PEER COACHING:

Take part in reciprocal peer coaching to boost learning and application of skills.



## REFLECTION JOURNALING:

Use reflective practices to deepen understanding and improve coaching proficiency.



## RESEARCH PAPER:

Explore a coaching topic and submit a paper to demonstrate applied insight and reflection.



## PERFORMANCE EVALUATION:

Undergo a formal performance review process of your coaching skills against ICF standards.



# Meet Your Instructors



**Han Ee Lim**

ICF PCC & ACTC  
20+ years of experience  
Coach Assessor | Coach  
Supervisor



**Michelle Yeo**

ICF PCC  
15+ years of experience  
Coach Supervisor  
Facilitator



**Andrew Calvert**

ICF PCC  
25+ years of experience  
Engagement Specialist



**Kharmayne Ghadiali**

ICF PCC  
15+ years of experience  
Facilitator



**Michelle Yan**

ICF PCC  
15+ years of experience  
Executive Coach



**Linda Liu**

ICF PCC  
Mental Health Counselor  
Facilitator



# Class Schedule

## July 2026 (Online - in English)

Timing: 7:00–9:00 PM SGT

13 July	Coaching Teams
14 July	Evaluating Coaching Impact
20 July	Working with Profiles & 360s
22 July	Designing Coaching Interventions for Organizations

## July/August 2026 (Online - in Chinese)

Timing: 7:00–9:00 PM SGT

28 July	Coaching Teams
30 July	Evaluating Coaching Impact
4 August	Working with Profiles & 360s
6 August	Designing Coaching Interventions for Organizations

**Note:** The schedule for the practical sessions will be arranged after registration is confirmed. The self-study components can be done anytime.



# Ready to Advance Toward PCC?

Join our next cohort or speak to a program advisor.

## Special Promotions Available

We currently have selected promotions and discounts available for upcoming cohorts. Contact us to learn more.



### Program Fee:

\$2,000 USD

\*Installment plans available.

### Upcoming Cohorts:

Jun/Jul 2026 - English & Chinese

Oct/Nov 2026 - English & Chinese



## Speak to an Advisor

Visit our website to book a 30-minute consultation with us:

<https://bit.ly/3PpOFbk>