



Unlock Your Coaching Potential

The Performance Coach

ICF Level 1 Program



Introduction

Welcome to The Performance Coach (TPC), your pathway to becoming a confident, **International Coaching Federation (ICF)**–certified coach who can inspire change and drive meaningful transformation.

Our program is ICF accredited and aligned with ICF competencies, ensuring a comprehensive and globally recognized coaching education.

Program Overview

The TPC program helps passionate individuals build a foundation of professional coaching knowledge and skills.

- **Designed for:** Both new and experienced coaches keen to pursue ICF ACC certification.
- **Duration:** 60 hours over 4–5 months, with flexible learning to accommodate busy schedules.
- **Format:** Available both online and in-person to suit diverse needs.



Flexible Learning, **Global Access**

Wherever you are, your coaching journey starts here.

With both **online** and **in-person** options, and support in **English** and **Chinese**, the TPC program meets you where you are – geographically, linguistically, and professionally.

English Cohorts

May/June 2026 Cohort
Online

Chinese Cohorts

May/June 2026 Cohort
Online

For more information, please refer to the **Schedule** section starting on page 8.

For bilingual participants, we also welcome you to switch freely between languages and join across cohorts, making your coaching journey even more flexible and adaptable.



DISCOVER HOW YOU CAN...

1

Develop
a **powerful mindset**
to communicate
effectively, lead with
empathy, and inspire
growth in others.

2

Achieve **ICF ACC
certification** to
elevate your
professional and
coaching career.

3

Master **practical
coaching skills**
through hands-on
experiences, peer
coaching, and expert
feedback.



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
OD Consultant



Linda Liu

ICF PCC
Mental Health Counselor
Facilitator



Why Choose TPC?



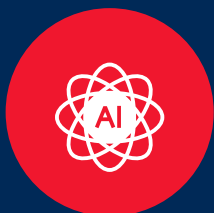
Rooted in Sport & Performance Psychology

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.



Curriculum Highlights

- Introduction to Coaching Principles
- Techniques to Enhance Human Performance
- Effective Agreements & Contracting
- Mindfulness to Deepen Coaching Impact
- Developing a Professional Coaching Identity

Learning Experiences

INTERACTIVE LEARNING:

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

OBSERVED COACHING:

Complete a minimum of five observed sessions with detailed written feedback to refine your coaching techniques.

REFLECTION JOURNALING:

Use reflective practices to deepen understanding and improve personal coaching proficiency.

MENTOR COACHING:

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

PEER COACHING:

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

PERFORMANCE EVALUATION:

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



Schedule (English)

The TPC program is designed to allow you to complete the theory-focused core modules within a one-month period. However, our flexible class policy allows you to attend any of our live online core module classes, so you can make up missed classes in later months.

May/June (Online)

Monday & Wednesday evenings: 7:00–9:00 PM SGT

Anytime	—	Module 1: Intro to Coaching (Self Study)
11 May	—	Module 2: Principles of Unlocking Human Performance
13 May	—	Module 3: Effective Agreements & Contracting
18 May	—	Module 4: The Coaching Relationship / Dynamic
20 May	—	Module 5: Intentional Dialogue
25 May	—	Module 6: Working with the “Who”
1 Jun	—	Module 7: Empowering Learning & Growth
3 Jun	—	Module 8: Mindfulness in Coaching
8 Jun	—	Module 9: Applying the Enso Coaching Model

Note: The schedule for the practical sessions will be arranged after registration is confirmed.



Schedule (Chinese)

The TPC program is designed to allow you to complete the theory-focused core modules within a one-month period. However, our flexible class policy allows you to attend any of our live online core module classes, so you can make up missed classes in later months.

May/June (Online)

Tuesday & Thursday evenings: 7:00–9:00 PM SGT

Anytime	—	Module 1: Intro to Coaching (Self Study)
12 May	—	Module 2: Principles of Unlocking Human Performance
14 May	—	Module 3: Effective Agreements & Contracting
19 May	—	Module 4: The Coaching Relationship / Dynamic
21 May	—	Module 5: Intentional Dialogue
26 May	—	Module 6: Working with the “Who”
2 Jun	—	Module 7: Empowering Learning & Growth
4 Jun	—	Module 8: Mindfulness in Coaching
9 Jun	—	Module 9: Applying the Enso Coaching Model

Note: The schedule for the practical sessions will be arranged after registration is confirmed.



Ready to Start Your Coaching Journey?

Program Fee:

\$4,000 USD

*Payment in 6 installments
available

Upcoming Cohorts:

May/Jun 2026 English Cohort

May/Jun 2026 Chinese Cohort



Registration:

Scan the QR code or visit our
website to enroll or book a 30-
minute consultation with us:
bit.ly/3DWw58Q