



*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

**Feb/Mar 2026 Cohort**

Online

**May/Jun 2026 Cohort**

Online

### Chinese Cohorts

**Feb/Mar 2026 Cohort**

Online

**May/Jun 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?



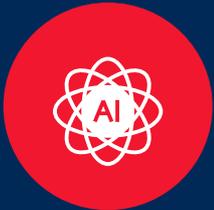
## Rooted in Sport & Performance Psychology

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.

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### **OBSERVED COACHING:**

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

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### **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.

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### **PEER COACHING:**

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

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### **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.

## February/March (Online)

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

Anytime	—	<b>Module 1:</b> Intro to Coaching (Self Study)
2 Feb	—	<b>Module 2:</b> Principles of Unlocking Human Performance
4 Feb	—	<b>Module 3:</b> Effective Agreements & Contracting
9 Feb	—	<b>Module 4:</b> The Coaching Relationship / Dynamic
11 Feb	—	<b>Module 5:</b> Intentional Dialogue
23 Feb	—	<b>Module 6:</b> Working with the “Who”
25 Feb	—	<b>Module 7:</b> Empowering Learning & Growth
2 Mar	—	<b>Module 8:</b> Mindfulness in Coaching
5 Mar	—	<b>Module 9:</b> 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.

## February/March (Online)

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

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

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



# 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	—	<b>Module 1:</b> Intro to Coaching (Self Study)
18 May	—	<b>Module 2:</b> Principles of Unlocking Human Performance
20 May	—	<b>Module 3:</b> Effective Agreements & Contracting
25 May	—	<b>Module 4:</b> The Coaching Relationship / Dynamic
1 Jun	—	<b>Module 5:</b> Intentional Dialogue
3 Jun	—	<b>Module 6:</b> Working with the “Who”
8 Jun	—	<b>Module 7:</b> Empowering Learning & Growth
10 Jun	—	<b>Module 8:</b> Mindfulness in Coaching
15 Jun	—	<b>Module 9:</b> 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 CST

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

Feb/Mar 2026 English/Chinese

May/Jun 2026 English/Chinese



## Registration:

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