



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

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



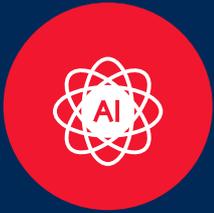
Rooted in Sport & Performance Psychology

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

February 2026 (Online - in English)

Tuesday evenings: 7:00–9:00 PM SGT

3 Feb	Coaching Teams
10 Feb	Evaluating Coaching Impact
24 Feb	Working with Profiles & 360s
3 Mar	Designing Coaching Interventions for Organizations

February 2026 (Online - in Chinese)

Thursday evenings: 7:00–9:00 PM SGT

5 Feb	Coaching Teams
12 Feb	Evaluating Coaching Impact
26 Feb	Working with Profiles & 360s
5 Mar	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.

Program Fee:

\$2,000 USD

Upcoming Cohorts:

February 2026 Cohort CN/EN



Register Now

Scan the QR code or visit our registration form here:

<http://bit.ly/45yaSMu>



Speak to an Advisor

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

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