



The Performance Coach

ICF Level 2 Program

A comprehensive coaching education program for coaches committed to PCC-level practice.



Build a sustainable, high-impact coaching practice.

Introduction

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

This program is **accredited by the International Coaching Federation (ICF)** and aligns fully with PCC-level competencies, performance standards, and ethical practice.



Program Overview

- **Designed for:** Aspiring professional coaches, internal coaches, leaders, and practitioners who want a full PCC pathway
- **Duration:** 125+ contact hours over 6–8 months.
- **Format:** Available both online and in-person to suit diverse needs.
- **Language:** English and Chinese cohorts available



DISCOVER HOW YOU CAN...

1

Develop **PCC-level presence, listening, and inquiry** with depth and consistency

2

Integrate **systems thinking, team dynamics, and organizational** context into coaching

3

Build **reflective, ethical, and sustainable coaching** practice aligned with ICF standards



What Makes Us Different



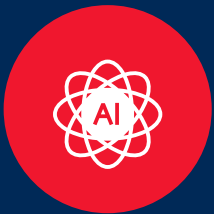
Rooted in Sport & Performance Psychology

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



Step 1:

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

- Enrollment in live classes
- 10 hours of mentor coaching
- Passed on the performance evaluation

Education hours: **125+ cumulative hours**



Step 2:

Accumulate 500+ coaching hours

Track your hours with a detailed coaching log



Step 3:

Pass ICF Credentialing Exam

Submit your PCC application to ICF



Curriculum Highlights

Our PCC-aligned curriculum is designed to build mastery across individual, team, and organizational coaching contexts, integrating core coaching competencies with advanced application and reflective practice.



Program Structure

INTERACTIVE LEARNING:

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

Structure: 14 core modules

OBSERVED COACHING:

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

Structure: 6 observed sessions

GROUP SUPERVISION:

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

Structure: 4 sessions

REFLECTION JOURNALING:

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

Structure: 20 reflection submissions

MENTOR COACHING:

Receive 16 hours of mentor coaching, including both group and individual sessions.

Structure: 8 Group Mentor sessions & 4 1-1 Mentor sessions

PEER COACHING:

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

Structure: 20 hours

RESEARCH PAPER:

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

Structure: 1 submission

PERFORMANCE EVALUATION:

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

Structure: 1 evaluation submission



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 Cohorts

See next page for cohort details.



Language Options:

- English (EN)
- Mandarin / Chinese (CN)

Delivery Formats:

- Online
- In-person

Note: Practical session schedules will be confirmed after registration. Self-study components can be completed at any time.

June/July (EN)

Timings: 7:00–9:00 PM SGT (Online)

Anytime

Module 1: Intro to Coaching (Self Study)

1 June

Module 2: Principles of Unlocking Human Performance

3 June

Module 3: Effective Agreements & Contracting

8 June

Module 4: The Coaching Relationship / Dynamic

10 June

Module 5: Intentional Dialogue

15 June

Module 6: Working with the “Who”

17 June

Module 7: Empowering Learning & Growth

22 June

Module 8: Mindfulness in Coaching

24 June

Module 9: Applying the Enso Coaching Model

29 June

Module 10: Coaching Teams

1 July

Module 11: Evaluating Coaching Impact

6 July

Module 12: Working with Profiles & 360s

8 July

Module 13: Designing Coaching Interventions for Organizations

Anytime

Module 14: Designing Your Brand (Scheduled every month)

June/July (CN)

Timings: 7:00–9:00 PM SGT (Online)

Anytime

Module 1: Intro to Coaching (Self Study)

2 June

Module 2: Principles of Unlocking Human Performance

4 June

Module 3: Effective Agreements & Contracting

9 June

Module 4: The Coaching Relationship / Dynamic

11 June

Module 5: Intentional Dialogue

16 June

Module 6: Working with the “Who”

18 June

Module 7: Empowering Learning & Growth

19 June

Module 8: Mindfulness in Coaching

25 June

Module 9: Applying the Enso Coaching Model

30 June

Module 10: Coaching Teams

2 July

Module 11: Evaluating Coaching Impact

7 July

Module 12: Working with Profiles & 360s

9 July

Module 13: Designing Coaching Interventions for Organizations

Anytime

Module 14: Designing Your Brand (Scheduled every month)

Step Into PCC-Level Coaching Practice

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:

\$4,000 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/49AFJd2>