



ECI COACHING

EXECUTIVE COACHING INTERNATIONAL

LEADERSHIP COACH TRAINING PROGRAM

An ICF Accredited Program



Who are we?

Executive Coach International (ECI) is one of the largest and most successful professional coaching organizations in Singapore and the region, that focuses on transforming human potential into tangible, lasting results.

Being one of the most established institutions in the region, founded since 2004, by Singapore and South East Asia's first ever Master Coach, Kelvin Lim - ECI is reputed for a consistently high success rate, with over 95% of our clients' issues resolved and coaching goals achieved. Our coaching technology is uniquely founded upon the principles that govern human evolution whereby the coach training syllabus is based on these proven coaching techniques that have transformed thousands of lives over the years.

ECI is also one of the very few institutions in the region that has 2 different ACTP (Accredited Coach Training Program) pathways that have been accredited by the International Coaching Federation (ICF).



Overview of the Leadership Coach Training Program

The LCTP program is designed to enable you to coach with clarity and develop people effectively within their different roles. This program also improves the ability of an organization's leaders to cope with the leadership challenges they face in their work, imparts the core principles of being a leader, and provides tools to facilitate the development of new leaders. This ICF accredited training program marks the beginning of a powerful development for you as a leader.

- **Interactive training** to help you grasp key concepts and the latest thinking.
- **Group coaching** to facilitate learning with other leadership coaches.
- **Real-life live demonstration** of coaching and discussions.
- **Activities** to sharpen your leadership coaching in a safe and ontologically-challenging environment.



The Leadership Coach Training Program (LCTP) is built on these four tenets:

1) Principles of Leadership Performance

Coaching leaders requires an understanding of the key areas of performance of leadership. It includes sharpening your skills by utilizing your personal qualities and honing it during the program. The program trains you on specific leadership factors and includes experiential learning opportunities to practice and apply your skills.

2) Dynamics and Roles

Learning to lead and coach leaders requires both your skills and knowing how to motivate and inspire others. LCTP engages you in deep inquiry to hone your understanding of the dynamics between your holistic being and your functional roles, as well as how you can use this newfound awareness to lead in all settings.



The Leadership Coach Training Program (LCTP) is built on these four tenets:

3) Inspire Leadership

Leadership coaching is about a coach inspiring a person to be a better leader. It is both a function of developing specific leadership skills within the leadership discipline, as well as the ability to call forth insights and realizations from the development of different key areas of leadership. You will learn how to bring forth these moments of deep reflections and realizations in the talent you are grooming.

4) Developing Your Unique Leadership Style

Leadership is a complex discipline that requires an aligned attitude and the exercise of these disciplines on a consistent basis at all levels of an organization, in and across different teams. Through LCTP, gain awareness over how you lead and why. Learn how to use your unique attributes to catalyze and build up different teams within an organization.



Why ECI?

- We are the most established coaching company in Singapore, having started our coaching journey since 2004. ECI is also founded by the first ever **Master Certified Coach** in Southeast Asia, Kelvin Lim Kian Meng, and he has been actively developing and leading programs for ECI over the years.
- We are one of the few institutions in the region to receive **2 Accredited Coach Training Program (ACTP) accreditation** from the ICF for our **1) Leadership Coach Training Program (LCTP)** and **2) Professional Coach Training Program (PCTP)**, which provides our students with the options of their coaching journey, and also an affirmation that ECI adheres to the highest international standards in coach training.
- We keep our class sizes small. We have a **1:10 trainer** to student ratio for supervised mentoring in class. We provide **personalized written feedback** after each module for each student to improve in their coaching.
- We provide support for our alumni through our network of 500+ coaches to clock your coaching hours, with fortnightly coaching drills to get feedback on your coaching progress and lastly, you get to review your modules for free.



ICF Credentialing Requirements

ICF Associate Certified Coach Requirements (ACC)

1. 60+ hours of coaching education (*ECI Level 1 Package*)
2. 10 Mentor Coaching Hours (*ECI Level 1 Package*)
3. 100+ hours of coaching experience (*ECI Alumni Network*)
4. Passing the Level 1 Practical Evaluation
5. Coach Knowledge Assessment by ICF (MCQ Format)

ICF Professional Certified Coach Requirements (PCC)

1. 125+ hours of coaching education (*ECI Level 2 Package*)
2. 10 hours of Mentor Coaching (*ECI Level 2 Package*)
3. 500+ hours of coaching experience (*ECI Alumni Network*)
4. Passing the Level 2 Practical Evaluation
5. Coach Knowledge Assessment by ICF (MCQ Format)



ICF Level 1 LCTP Pathway



Module 1 - Fundamentals of Coaching

This module kicks off your coach training journey. In this module, you learn the basic building blocks of coaching. You are taught the complete coaching process which can be applied to coach any client situation and have a functional resolution to the client's case.

30 Coach Training Hours + 3 Mentor Coaching Hours

Module 2 - Principles of Leadership Coaching

This module teaches you how a leader can manage a team of people from diverse backgrounds with conflicting opinions to a goal they can work towards. You will study the basis of how teams work as well as how systems are created so that you are able to analyze, critique, build and rebuild teams to higher performance and systems from all robust corporations.

30 Coach Training Hours + 4 Mentor Coaching Hours

10 hours of mentor coaching

(7 hours in class and 3 hours 1-1 outside of class)

Level 1 Practical Evaluation

(eligible for application for ICF ACC accreditation)



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ICF Level 2 LCTP Pathway



Module 1 - Fundamentals of Coaching

30 Coach Training Hours + 3 Mentor Coaching Hours

Module 2 - Principles of Leadership Coaching

30 Coach Training Hours + 4 Mentor Coaching Hours

Module 3 - Performance Coaching

In this module, you will learn to coach a person over multiple sessions. You will learn to detect underlying limit patterns which hold your clients back and have the toolsets to break these patterns. A client has lasting, transformational change from resolving these patterns.

32 Coach Training Hours + 4 Mentor Coaching Hours

Module 4 - Advanced Leadership Coaching

In this module, we would focus on values, thinking models, communication, and paraverbal communication models. Distinguish what it takes to create a combination of these factors to influence and motivate others via charisma. Other concepts of intrinsic motivation of individuals, gamification of leadership as an application and influence will be covered.

35 Coach Training Hours + 0 Mentor Coaching Hours

10 hours of mentor coaching

(10 hours covered in class)

Level 2 Practical Evaluation

(eligible for application for ICF ACC & PCC accreditation)



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LCTP Schedule in 2024

Module 1 - Fundamentals of Coaching (Level 1 & 2)

30 Coach Training Hours + 3 Mentor Coaching Hours

PCTP Module 1 – Fundamentals of Coaching

PCTP Module 1 – February 2024 Intake		
Training Dates	Days	Time
3 – 4 February 2024	Sat - Sun	9.00am - 6.30pm
17 – 18 February 2024	Sat - Sun	9.00am - 6.30pm

PCTP Module 1 – April 2024 Intake		
Training Dates	Days	Time
27 – 28 April 2024	Sat - Sun	9.00am - 6.30pm
4 – 5 May 2024	Sat - Sun	9.00am - 6.30pm

PCTP Module 1 – June 2024 Intake		
Training Dates	Days	Time
29 - 30 June 2024	Sat - Sun	9.00am - 6.30pm
6 – 7 July 2024	Sat - Sun	9.00am - 6.30pm

PCTP Module 1 – September 2024 Intake		
Training Dates	Days	Time
31 August – 1 September 2024	Sat - Sun	9.00am - 6.30pm
7 – 8 September 2024	Sat - Sun	9.00am - 6.30pm

PCTP Module 1 – November 2024 Intake		
Training Dates	Days	Time
16 – 17 November 2024	Sat - Sun	9.00am - 6.30pm
30 November – 1 December 2024	Sat - Sun	9.00am - 6.30pm

Module 2 - Principles of Leadership Coaching (Level 1 & 2)

30 Coach Training Hours + 4 Mentor Coaching Hours

LCTP Module 1 – Principles of Leadership Coaching

LCTP Module 1 - May 2024 Intake		
Training Dates	Days	Time
30 – 31 May 2024	Thu - Fri	9.00am - 6.00pm
1 – 2 June 2024	Sat - Sun	9.00am - 7.00pm

LCTP Module 1 - December 2024 Intake		
Training Dates	Days	Time
5 December 2024	Thu	9.00am - 6.00pm
6 – 8 December 2024	Fri - Sun	9.00am - 7.00pm



LCTP Schedule in 2024

Module 3 - Performance Coaching (For Level 2 students)

32 Coach Training Hours + 4 Mentor Coaching Hours

Module 2 – Performance Coaching

PCTP Module 2 – March 2024 Intake		
Training Dates	Days	Time
2 – 3 March 2024	Sat - Sun	9.00am - 6.30pm
7 March 2024	Thu	7.30pm - 10.30pm
16 March 2024	Sat	9.00am - 6.00pm
21 March 2024	Thu	7.30pm - 10.30pm
28 March 2024	Thu	7.30pm - 10.45pm

PCTP Module 2 – August 2024 Intake		
Training Dates	Days	Time
3 – 4 August 2024	Sat - Sun	9.00am - 6.30pm
8 August 2024	Thu	7.30pm - 10.30pm
17 August 2024	Sat	9.00am - 6.00pm
22 August 2024	Thu	7.30pm - 10.30pm
29 August 2024	Thu	7.00pm - 10.45pm

Module 4 - Advanced Leadership Coaching (For Level 2 students)

35 Coach Training Hours

LCTP Module 2 – Advanced Leadership Coaching

LCTP Module 2 - July 2024 Intake		
Training Dates	Days	Time
25 July 2024	Thu	9.00am - 6.00pm
26 – 28 July 2024	Fri - Sun	9.00am - 7.00pm

SkillsFuture Workshop: Practical Coaching Skills to Manage Stakeholders

[\(https://ecicoaching.com/practical-coaching-skills-to-manage-stakeholders/\)](https://ecicoaching.com/practical-coaching-skills-to-manage-stakeholders/)

Skillsfuture 2024 Intake		
Training Dates	Days	Time
28 – 29 February 2024	Wed – Thu	9.00am - 6.00pm
19 – 20 June 2024	Wed – Thu	9.00am - 6.00pm
6 – 7 November 2024	Wed – Thu	9.00am - 6.00pm



Reviews from our students

The training has been shown me the positive transformative power of coaching. I can now not only apply what I have learnt to being a better leader and coach, I am now inspired to work on my self mastery.

Carolyn Kan - Founder of Carrie K.

Overall phenomenal experience with the spot on content flow which helps me to apply my learnings seamlessly.

Sher Bashar - Global Learning & Development Snr. Specialist

The fundamentals of coaching training equipped with me the useful tools to start being a life coach. The course is well constructed, with plenty of practices and feedbacks. I am much more confident than before. It also help me to gain more clarity and realizations about myself.

Muhammad Mohsin - Business Development Executive

This journey has taught me a lot and will undoubtedly leave an imprint on my entire life. I have a strong sense of awakening and moving forward to become a better version of myself.

Cindy Ang - ITEC/WSQ Trainer

This program is a must attend for anyone interested in exploring how to help yourself / others grow. I witnessed and personally experienced transformations and breakthroughs right in the class!

Vivek - Strategy Consulting

It's a privilege to be able to be coached by Kelvin and also witness some of the most in-depth demonstrations and teachings of coaching. Expanded my knowledge of how deep coaching can go to empower a client, and the corporate and leadership factors for coaching leaders, managers or a person. Thank you Kelvin!!

Lois Toh - Senior Manager



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ABOUT OUR TRAINERS



KELVIN LIM
SOUTHEAST ASIA'S FIRST MASTER COACH
FOUNDER & PRINCIPAL COACH, ECI

Having always possessed the belief that each and every person offers great potential that is just waiting to be tapped, Kelvin began his foray into the coaching field in the 1990s. From 1997 to 2004, he was the Landmark Regional Team Leader. In 2005, he became the first certified Master Coach in South East Asia. He also served as an instructor for both Coach and Corporate Coach Universities.

Kelvin's corporate clients include Imperial Tobacco, Grant Thornton Singapore, The Housing Development Board, The Singapore Police Force, amongst others. His individual clients include C-level Executives, business owners and influential public figures. He has also personally trained more than 40 internationally accredited coaches.

He is involved as well with the United Nations where he contributed to the fundraising efforts to help people recovering from the 2010 Haiti earthquake. He was also one of the sponsors for the events attached to the UN's 64th anniversary in New York. He has also served on the board of several non-profit organizations such as Culture Project in the company of public figures such as Fisher Stevens, Best Director Oscar Winner for "The Cove." Kelvin is also a book writer and publisher.

Kelvin founded his own coaching company, Executive Coach International, in 2004, with one purpose: empowering people to live their lives to the fullest and all it has to offer. ECI has received multiple awards, including the Promising SME 500 Awards in 2014 from the Small Medium Business Association (SMBA) in Singapore, which acknowledged ECI's success and the promising future it offers to its clients.

Kelvin received his Bachelor of Business Administration from Monash University and his MBA from Aldersgate University. He is also one of the original 7 Guerilla Marketing Master Trainers in Asia.

ABOUT OUR TRAINERS



**LEAD TRAINER, ECI
PROFESSIONAL CERTIFIED COACH, ICF**

Julia has been a highly sought-after branding and design consultant and specialist for the past 15 years. She worked with companies to develop their corporate brands before embarking on her coaching career in 2003. During her corporate life, she held key positions in internationally renowned design firms in the US, Australia and Singapore (including Frogdesign and Addison), where she successfully mentored and inspired teams in creating vision, strategy, award-winning results and personal growth – earning her six promotions in four years before leaving as Creative Vice-President and moving on to her next venture.

Today, Julia takes an integrated approach by combining her gifts and talents in coaching and design to help people develop their professional and personal brand holistically, from the inside out. She is a Life and Business Coach who works with entrepreneurs and corporate executives to create businesses that are a source of growth, profitability, and fulfillment.

Julia is a Professional Certified Coach (PCC) and member of the International Coach Federation (ICF). She has coached over 1,000 people, with many of her clients experiencing sustainable transformation and a distinct advantage in their performance and results – including developing emotional mastery leading to rewarding relationships, creating fulfilling career paths and businesses leading to monetary rewards and promotions, and greater work-life efficiency and improved health and vitality. She has successfully coached business owners, managers, directors, and C-level executives from organizations such as AXA Life Insurance, BNY Mellon, Brew Creative, British American Tobacco, Caterpillar, Deloitte, DBS Bank, Diageo, Great Eastern Life, Johnson & Johnson, Prudential Singapore, RE/MAX, The Royal Bank of Scotland, Singapore Management University, Sotheby's, and UBS to name a few.

ABOUT OUR TRAINERS



SIM WEI PING
COACH TRAINER, ECI
PROFESSIONAL CERTIFIED COACH, ICF

Prior to coaching, Wei Ping spent 7 years in the banking industry. Her effectiveness and efficiency has led her to be consistently ranked amongst the top ten percentile of performers. In 2011, Wei Ping left the corporate rat race to pursue a more authentic and meaningful life.

Through coaching, she found her passion—to help people discover what is really important to them and change their lives for the better. Wei Ping has a wide range of interests from investing to arts, music, spirituality and reads 4 different newspapers everyday to keep up with what's going on in the world. Wei Ping brings her keen interest in life to coaching and adopts a holistic approach to coaching. She is versatile in coaching a wide range of people and works with her clients to succeed in their roles in life and work. Her precise, astute, coaching style allows her clients to understand the root of their issues and her firm, no-nonsense approach helps her clients manifest results. Wei Ping works to help her clients create sustainable change that lasts beyond the coaching engagement.

Wei Ping's strong grasp on coaching theory and application saw her rising up the ranks to join the exclusive group of coach trainers within a record time of 2 years. She is also a Professional Certified Coach, accredited with the International Coach Federation. Extremely experienced in coaching and training, she has spent 1,600 hours coaching over 400 clients and 1,500 hours of training coaches to become internationally recognized coaches. Her clients that she has worked with in the recent years include executives, managers, directors and C-suite from Shopee, Xfers, TÜV SÜD PSB, Grab, Gojek, Finexis, Infor and HewlettPackard.