



3rd Level

Transformative Coaching

Mastery Training *for* Deep Coaching

Advance your knowledge
on the science of transformation
to enable intentional change

100% Online Delivery
80 Hours | 28 Weeks

CoachMastersacademy
Inspires Positive Change, Develops World-Class Coaches



LEVEL 3
ICF-ACCREDITED
COACHING EDUCATION

how does this Mastery Training support you in **deep coaching**?

Coaches need to understand and appreciate the nature of the change to support people in creating intentional, generative change.

This kind of change occurs when a person experiences a powerful perspective shift.

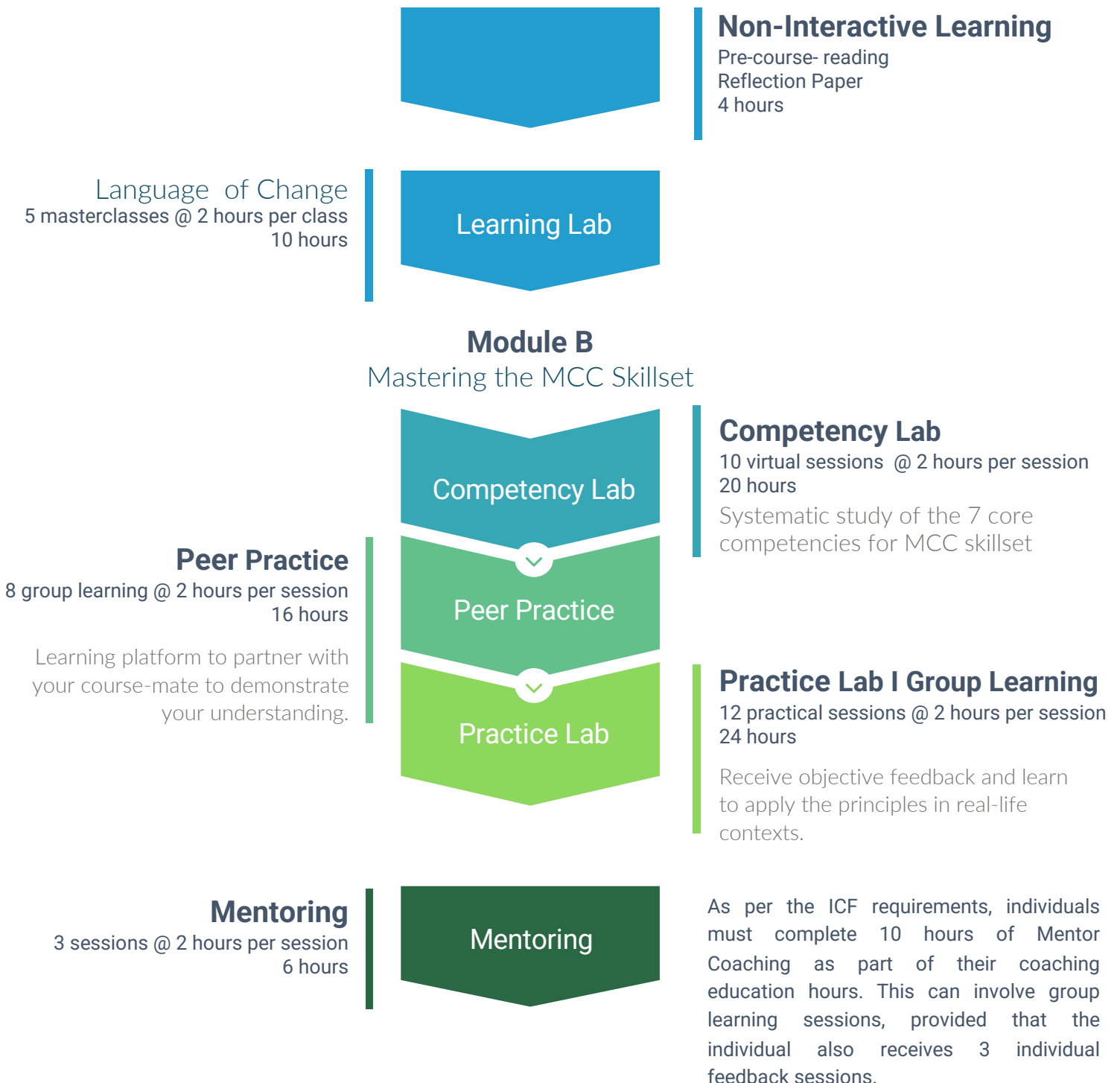
The **Mastery Training for Deep Coaching** is for serious practitioners seeking to understand the nature of change and invite deep transformational change in their clients. This program will prepare you to coach others to experience intentional change through **80 hours of ICF-approved training**.

Mastery Training for Deep Coaching also can serve as a preparatory program for seasoned coaches to evolve their core competency from the PCC to the MCC level of coaching.

This course builds on Dr Ben Koh's life's work of analysing the narratives shared during coaching conversations, and his research has been shared in talks around the world to help others create intentional, sustainable change.

program structure

Designed to accelerate your skills to mastery level, the Mastery Training is built on the five pillars of targeted learning.



LEARNING lab

10 hours of learning | 5 master classes @ 2 hours per class

The **Language of Change** takes you on an introspective journey of personal transformation.

It offers key insights built on a decade of research by Dr Ben Koh that examines how people experience deep changes that fundamentally alter how they perceive the world. The concept blends the rigours of science, weaving together Gestalt awareness and the theories of learning with a real-life case study to deepen your understanding.

Pushing the Boundaries of Deep Transformation

To co-create intentional, generative change, the masterclass examines the nature of stuck-ness. By helping people “see through” the underlying belief system on which a problem rests, however persistent or intractable that pain has been, the coaching process can facilitate a shift that opens a new way of seeing the world.

As people become more aware of the discrepancy between objective reality and their experiences, it is common and normal for them to experience internal tension and resistance during the coaching process.

These 5 masterclasses offer critical insights examining how people experience profound shifts in their consciousness that significantly change how they perceive their world.

LEARNING lab

10 hours of learning | 5 master classes @ 2 hours per class

You will learn the unique approach and principles to help people identify unwitting beliefs, assumptions, and apparent contradictions, shed false opinions and make better choices.

To deepen your understanding, these classes blend the science of Gestalt awareness and theories of learning with a real-life case study.

You will learn how people construct their reality through personal and perceptual filters and that this process can be mindfully engaged to create intentional change.

You will understand how defence mechanisms and emotions hinder the change process and acquire the skillset to invite people to learn from the process rather than resolve the conflicts.

Throughout these class sessions, you will practice rigorous inquiry, engage in group dialogue, and have direct experience with the change process.

COMPETENCY lab & PEER PRACTICE

20 hours of learning | 10 Virtual Classes @2 hours per class

16 hours of group learning Session | 8 peer practice sessions @ 2 hours per session

Using a structured framework, you will learn what constitutes coaching competency at the MCC level. Each learning session will be supported by an in-depth study of a coaching conversation approved by the ICF at the MCC level. Special attention will be given to weaving the theories covered in the Learning Labs into deep coaching competencies.

PRACTICAL lab

24 hours of learning | 12 supervised practical sessions @ 2 hours per session

The purpose of the Practical Lab is to integrate your learning into real-life applications. By the end of this lab, you will demonstrate coaching at the advanced level and gain a complete understanding of the MCC marker.

REQUIREMENT for completion

The requirement for completion is as follows:

- Complete the pre-course reading assignment and Research Paper
- Maintain **70% attendance** for Learning Lab, Competency Lab & Peer Practice
- Attend **12 Practical Labs**
- Complete **3 mentoring sessions**
- Submit **2 Final Recordings**

Training **SCHEDULE** I

virtual class 7.30pm Singapore

11.30am London | 2.30pm Nairobi | 3.30pm Dubai

Learning Lab

Feb – Mar 2025

Characteristic of MCC Skillset

27, 28 Feb, 13 & 14 & 27 Mar

Competency Lab & Peer Practice

Apr – Aug 2025

Coaching Agreement Part 1

10 – 14 Apr

Coaching Agreement Part 2

24 - 25 Apr

Co-Creating the Relationship

15 & 16 May

Peer Practice Phase 1

19 May – 27 Jun

Listen Actively & Evoke Awareness

3 & 4 Jul

Facilitate Client's Growth

24 & 25 Jul

Peer Practice Phase 2

28 Jul – 29 Aug

Practical Lab

Sep – Oct 2025

Mentoring

Jun – Oct 2025

Course **FEE**

We offer two roadmaps to suit different learning needs.

Roadmap 2 is designed for coaches planning to apply for the MCC Credential.

STANDARD PACKAGE

USD 4,900 NETT

Including the mentor coaching

EXTENDED PACKAGE ADD-ON MENTORING

USD 5,900 NETT

Receive 5 extra individual tutoring sessions, 2 hours per session, from Dr Ben Koh to prepare the two recordings to be submitted to the ICF.

You can access 10 coaching conversations approved by the ICF for the MCC skillset as a model sample.

about **COURSE INSTRUCTORS**



Dr Ben Koh has been recognised as one of the top 50 Coaches for 2024, alongside other global prominent like David Draker, David Goldsmith, Peter Hawkins, Janet Harvey, and Marcia Reynolds, just to name a few.

Dr Ben Koh is among the first 500 coaches to receive the MCC Credential, and most importantly, he has supported 52 coaches from 2019 to successfully pass the Performance Assessment Evaluation and receive their MCC Credential.



With Dr Ben, there is a team of supervisors and mentor coaches from around the world. They have been partnering with Dr Ben since 2022.