

MENTOR COACHING

with

Jill Monaco, PCC, CMCLC

Hi!

Welcome to Mentor Coaching! You've taken an important step in your journey as a credentialed coach. This investment into yourself will pay off with client success stories and transformed lives!

Mentor Coaching for an ICF or ICCI Credential consists of coaching and feedback in a collaborative, appreciative, and dialogued process based on an observed or recorded coaching session to increase the coach's capability in coaching.

In this PDF you'll find:

- ICCI expectations and core competencies that need to be observed during our mentor sessions to qualify you for a credential
- ICF core competencies that will help define the different aspects of a coaching session that will be discussed and practiced
- Terms and Conditions of this mentor agreement.

Mentor sessions will include:

- Discussion of classes you've taken so you can ask questions and receive clarification about coaching skills and tools
- Suggestions about how to improve your skills
- Recommended reading
- A review of 1-2 of your recorded coaching sessions (with client approval)
- Practice coaching on your mentor (me)

If you're interested in receiving strategic business coaching or consultation on how to establish and grow your coaching business, you may schedule additional appointments outside of this mentorship at a discounted rate.

Please print, scan and email back the last page of this PDF before our first session.

I look forward to working with you!

Blessings,

Jill Monaco, PCC, CMCLC

About

JILL MONACO



Jill Monaco is the founder and CEO of Jill Monaco Ministries, a 501(c)3 nonprofit that has a passion to encourage people to pursue the presence of God and find freedom in Christ. She is a Professional Certified Coach (PCC) life coach with the International Coach Federation (ICF) and a Certified Master Christian Life Coach (CMCLC) and Mentorship Coach with ICCI.

Jill has developed Freedom Coaching®, a model that blends hearing God, prayer, and coaching tools. Her first book, *The Freedom Coach Model®* went to #1 on the Amazon bestseller list. One of her greatest joys is consulting coaches as they establish and grow their business through her program Freedom Business Coaching. She is also certified as a Strengths Champion Coach and SYMBIS Relationship Coach.

As a Bible teacher, podcaster, and speaker, Jill is known for captivating audiences with her high-energy, humorous approach to life's serious issues. Her faith-filled and transparent stories encourage listeners to become all that God has created them to be.

Her eclectic career includes 20 years as a professional stage and commercial actress and voiceover talent. She sang backups for Perry Como's Holiday Tour, performed in tours and theatres across the country, and is the voice on several Disney Kids audiobooks. Currently living in Chicago, IL, Jill looks forward to having her own family someday. Until then, she works very hard at earning the title of favorite aunt to her five nieces and nephews. Learn more at jillmonaco.com.

MENTOR COACHING

checklist

ICCI Credential Qualifications

- Demonstrate a positive and authentic relationship with Jesus Christ.
- Reflect a commitment to ongoing growth in personal and spiritual life.
- Demonstrate the ability to understand and conceptualize client issues, including those related to faith and spirituality.
- Appropriately integrate Christian faith and biblical principles in an effective manner.
- Demonstrate the ability to establish and maintain healthy life coaching relationships and with appropriate boundaries.
- Demonstrate empathy in coaching others, has mature judgment, emotional stability, and spiritual maturity.
- Demonstrates effective communication, organizational, planning, problem-solving, and life coaching skills.
- Consistently maintains a high level of integrity and ethical standards
- Demonstrates the ability to meet the core competencies

ICCI AND ICF CORE COMPETENCIES

1) Meeting Ethical Guidelines & Professional Standards

Understanding coaching ethics and standards and applying them appropriately in all coaching situations.

2) Establishing the Coaching Agreement

Understanding what is required in the specific coaching interaction and coming to an agreement with the prospective and new client about the coaching process and relationship.

3) Establishing Trust & Intimacy with the Client

Creating a safe, supportive environment that produces ongoing mutual respect and trust.

4) Coaching Presence

Being fully conscious and creating spontaneous relationships with clients, employing a style that is open, flexible, and confident.

5) Active Listening

Focusing completely on what the client is saying and is not saying, understanding the meaning of what is said in the context of the client's desires, and supporting client self-expression.

6) Powerful Questioning

Asking questions that reveal the information needed for maximum benefit to the coaching relationship and the client.

7) Direct Communication

Communicating effectively during coaching sessions, and using language that has the greatest positive impact on the client.

8) Creating Awareness

Integrating and accurately evaluating multiple sources of information, and making interpretations that help the client to gain awareness and thereby achieve agreed-upon results.

9) Designing Actions

Creating with the client opportunities for ongoing learning, during coaching and in work/life situations, and for taking new actions that will most effectively lead to agreed-upon coaching results.

10) Planning & Goal Setting

Developing and maintaining an effective coaching plan with the client.

11) Managing Progress & Accountability

Holding attention to what is important for the client, and leaving the responsibility with the client to take action.

TERMS AND CONDITIONS

Fee: The agreed-upon fee: \$600 for 3 sessions or \$1200.00 for 6 sessions. Payment is due in advance through Venmo (@coach-jill-monaco). I also understand since I am receiving a service, my payment is not tax-deductible. There are no refunds for sessions.

Term: Our agreed-upon term for Mentor Coaching is for 3 months starting at the time of signing this Agreement. After which, an assessment will be done to extend or amend the Agreement. The client agrees to meet with the Mentor Coach on a regular basis for a minimum of two coaching sessions per month. Efforts will be made to accommodate each other's schedules.

Procedure: The Coach will call the Client for the scheduled coaching conversations. The Client may also E-mail the Mentor Coach anytime to share updates or prayer requests at info@jillmonaco.com.

Calls: This agreement includes a minimum of two calls per month, each for 50 minutes. The Client understands if there is a need to reschedule a call, they will give the Mentor Coach at least 24 hours' notice. The Client may reschedule calls within the same calendar month. If the Client does not cancel the session with 24 hours' notice, they will forfeit the session fee. There may be a time that the Mentor Coach is forced to reschedule as well, but they will let the Client know at least a week in advance, if possible.

By the signatures below, both parties, Mentor Coach and Client acknowledge that they have read and understood the ICCI Qualifications for credentialing and that Mentor Coaching does not guarantee the Client application will be accepted and credentialing will be approved by ICF or ICCI.

The Mentor Coach is an independent contractor and not an employee of ICF or ICCI.

Each of the people whose signature appears below agrees that this agreement represents our mutual understanding of the coaching relationship.

Date: _____

Client Signature: _____

Printed Name: _____

Address: _____

City/State/Zip: _____

Phone: _____

Mentor Coach Signature:

Jill Monaco