

Mentor Coach Profile



Lynn Andriés

Business Information

Company Name	True Colours Coaching
Website Address	www.true-colours.co.za
Job Title	Business and Executive Coach, Coach Mentor, Business Consultant
Areas of Business Interest	Leadership Coaching, Mentoring, NeuroLeadership, Promoting a Coaching Culture, Training and Development
Other Information	Mentor Coach for ICF, Member ICF, RCS Certified, Member Neuroleadership Institute
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Name and Surname	Lynn Andriés
Title	Mrs.
Experience	<p>Lynn Andriés is an Executive Coach, Mentor Coach, Facilitator and Consultant. Her Clients and fellow Coaches cite high levels of energy and motivation, intuitive and honest communication together with a practical approach throughout her sessions. The focus is on action toward significant and empowering results.</p> <p>Lynn facilitates the Coaches' successful transition from the training room to fulfilling their ACC Requirements. They discover that their confidence, expertise, coaching hours and businesses are boosted.</p> <p>Lynn holds The ACC (ICF) Accreditation and is currently enrolled on the Masters Program in NeuroLeadership. She has successfully completed several Coaching interventions including Executive Coach Training, Theoretical Foundations of Coaching, Intensive Coach Training and Advanced Group Coaching.</p> <ul style="list-style-type: none"> • Twenty six successful years in business as a corporate Senior Manager, Board Executive as well as Franchisee, Entrepreneur and Executive Coach • Coaching Leaders, Entrepreneurs, Executives, Coaches • Mentoring Coaches in building their performance and practices. • Twenty six successful years in business as a corporate Senior Manager, Board Executive as well as Franchisee and Entrepreneur • A keen focus on measurable results and unlocking life-changing insights, with each client optimizing their unique strengths • Built a very successful Corporate training and development company, twice nominated for The Age of Innovation Award. • Experience in consulting to, training and coaching in Blue Chip organizations in the areas of Culture Change, Performance, 'Intrapreneurship', Business Impact, Consultative Selling, Transitioning Management to Leadership, among others. • Personal Credibility in overcoming a range of life challenges • Media Interviews by The Star News and SABC TV on Business Impact, Leadership, Relationships • Articles published in The Star, Career Success and Management Today
ICF Accreditation	ACC: Portfolio
Qualifications	<p>Certified Coach (ICF), Executive Coach (RCS), Theoretical Foundations of Coaching (RCS), Advanced Group Coaching (Dr. J Black), Intensive Coach Training (RCS) Dip. Medical Technology, International Marketing Management Studies, Dip. Gymnasium Management(UP) Currently enrolled on Post Grad Certificate in NeuroLeadership toward Masters Program</p>
Who would you like to mentor and why? (Example: ACC Portfolio)	<p>Mentor Coaches toward obtaining the ACC Portfolio Route Enhancing their Success, Confidence and Professionalism in Coaching</p>
What would you cover in each 1 hour session:	<p>Group Sessions:</p> <p>Workshop 1</p> <p>Orientation- Introductions to both Group and Concept</p> <p>Aligning Expectations and Vision Around 'ACCchievement'</p>

Identifying Current Actual or Perceived Challenges

Simplifying the ACC Portfolio Application Process-What is required?

Our Strategy toward 'ACChievement'

*Action Plan: Each Individual determine Next Steps

Reaching Requirements: C: Boosting My Coaching Quality(Competencies Training Hours)

C: Boosting My Coaching Quantity(Paid Hours)

A: Updating my Logs-Application Admin

*Materials: ACC Guidelines

Hard Copy Online ACC Application Form

Competency Matrix for Self and Peer Assessments

Action Plan for each Month (ACCtions)

Personal Strategy Doc

Personal Mentor Coaching Booking Form

*Invitation to set up individual Coach Mentoring Session(s) for within the following Two Weeks

Workshop 2

Feedback on progress on Action Plan- Ideas to enhance A : Admin, C: Coaching Hours
and C: Coaching Competency

Discussion on Competencies, good examples

Recorded/Live Coach Role Play- aligned with typical ACC Oral Assessment
Facilitated Assessment of the Competencies

*Action Plan:

Telephonic/Face to Face Live Buddy Coaching arranged for during the following week
including peer assessment

Setting of Individual Actions toward ACChievement-,

Ensuring Hours will be met

Completing Online Application-bring to next session

*Next Personal Mentor Coaching Session Booking(s)

Workshop Session 3

Group Feedback and inclusion of final mutual needs slotted into last 15 mins of the Agenda
(Quick Success Solutions Discussion)

Tag Coaching : Mentor Coach as Coachee, Participants each tasked with demonstrating one
of the competencies/ subcompetencies

Facilitated discussion on what worked/would work better

*Action Plan

Recorded session requested before the next Personal Mentor Coach appointment at which
feedback will be shared.

Online Application Completed

Personal Sessions

Focused on each Coaches Personal Strategy to Achieving the Goals/Actions set in the
Workshop. Role Playing, Assessment, Feedback and Encouragement are key.