

WHY SHOULD I ENROL IN THE DIPC?

The DIPC has been the most profound experience of my life. Not only did I acquire the knowledge and skills to be an ethical, competent and professional coach, but I also engaged in deep and life changing work on myself. I can never go back to old ways of thinking and viewing the world again. (DIPC Graduate '12)

Twelve months of dedicated and thorough self-examination, self-growth and skills building - with the help of powerful social technologies, cutting-edge learning material, and extraordinary facilitators. All this happens within a carefully thought-out container using the wisdom, bonds and tensions of a small group to amplify the learning curve for each participant. (DIPC Graduate '12)

A life-changing course that has opened me up to a whole new way of thinking and being. I feel empowered to lead with intention and responsibility. There is a groundedness and presence within me now that has added infinitely to my skill as a coach, leader and facilitator. (DIPC Graduate '13)

Doing this Diploma has been one of the best decisions of my life! I completed the course with a deep sense of my true self, embodying the skills and competencies required of a coach and the ability to see the world from multiple perspectives enabling me to facilitate transformational and lasting change. (DIPC Graduate '13)

The rigour of the training and journey of self-development was expertly contained within the safe space created by the faculty. The excellent and experienced facilitators, efficient and caring staff, the skilled developmentors, highly experienced and insightful assessors and my incredible fellow students made this course unforgettable. (DIPC Graduate '13)

The Diploma is an intense, rigorous journey of self-development and coaching competency training. The more of yourself you put into the course, the more rewarding it is! It is a 'full-body' workout of mind, heart, gut and spirit and worth every minute! I guarantee you that you will emerge from the Diploma with a deeper sense of self and the coaching skills required to be an impactful coach, leader and human being! (DIPC Graduate '14)

It opened up real learning around the value of personal awareness in leadership. I would recommend this course to anyone who wishes to discover more about themselves and how they can enrich their own lives and the lives of others. (DIPC Graduate '14)

I have gained so much awareness and insight to who I am, what I am, how I am seen and how I want to be seen. The best leaders know themselves better than anyone especially their faults and that way they are able to not only navigate themselves more effectively but also others. (DIPC Graduate '14)

Progressive and at the forefront of human development and leadership. The body and amount of work covered is extensive and so is the practical application required. This allows for actual integration of multiple tools, practices and theories on a transformational and sustainable level. After completing the diploma, there is an option to do your Masters too! (DIPC Graduate '14)

Add your success story to those of these Change Agents!



Diploma Graduate & OD Specialist, Ruth Keneilwe Tsungo at 2014 Lekgotla

“Completing the TCC Diploma was a catalyst to rewrite the script of my life. The world we are in today is changing very fast and we need much more than the intellectual training the average degree or diploma gives us. The TCC diploma for me was an invaluable re-schooling or perhaps un-schooling of my whole self. It helped me bring a depth and clarity to who I am and where I am going. With that depth and clarity everything I do now I do with intent and purpose which naturally results in a higher level of efficiency. What greater testament could there be than that my husband is looking to enrol in the diploma for the next academic year.”

Mrs Ify Ugochukwu (LLB, BL, DIPC)

Project Manager - The Carpenter's Shop Ubuntu Coaching Project

TCC Ubuntu Coaching Foundation

Consultant to NGO sector, Transformational Coaching, Arbitration and Mediation Services

“The DIPC is designed and held in a remarkably thoughtful way to allow each participant’s unique development path to unfold. I came away with awareness, skills and tools that enable me to bring myself to life and work challenges with renewed energy, courage and purpose. The environment and facilitation opened access to new and liberating ideas and untapped capacity, and throughout the development process structured reflection, supervision, coaching and mentoring ensured a firm sense of own identity and integrity.

Today I am excited to be part of TCC alumni and grateful to be able to live out my intention through TCC’s Ubuntu Coaching Foundation, a social justice initiative.”

Freda Brock

NGO Coach and Development Facilitator

Passionate about supporting the work of NGO leaders in balancing individual, team and organisational realities within their task of working for broader change.

"I enrolled on the TCC course Diploma in Coaching Practitioner almost a year ago. On reflection it has been a deeply satisfying and fulfilling journey of enlightenment, personal growth and development.

Coaching has taught me so much about myself - why I do what I do. My understanding of people has increased significantly. I am less critical and more accepting of other people's opinions and way of being. This has resulted in forming deeper and more meaningful relationships with my family, friends and colleagues.

I am grateful for the opportunity to be afforded the time to re-discover my life's purpose and my life's work at this stage of my life. I am energised, invigorated and excited. The course has helped me clarify that I want to combine my love of people and passion for business going forward. I see myself as the catalyst that ignites the flame of passion in people helping them achieve their dreams. I am learning what balance means in my life. I have also learned to take myself less seriously and have more fun.

The coaching course has given me greater insight and understanding about what makes people do what they do and also why they do it. I feel equipped to challenge, stimulate and ignite peoples' thinking so that they find new opportunities and solutions to the challenges that they face. It is satisfying to see the profound change in people when they see possibilities in their own lives when they gain a new perspective.

I have developed a more expansive world view. I am able to see the connections and inter-relationship between myself and others more clearly. Of course there are challenges in my own life and that of the world but I am now able to own and choose my response. The world and its people is now a much brighter, exciting and beautiful place filled with opportunity.

I have used many of the skills and practises learned on the course in my business consultancy. I am applying action learning and coaching within management teams in companies and I am amazed and encouraged by the favourable results.

I find the approach to learning and facilitation adopted by Coaching Centre to be stimulating and challenging. The course facilitators and supervisors are very knowledgeable and experienced in their respective fields. The fact that they are also professional and practising coaches means that they are able to share their personal coaching experiences with their students.

I would encourage you to enrol on one of the courses offered at the coaching centre. I can guarantee you that your life will never be the same again...."

Brad Page

Business Owner, Entrepreneur, Business Consultant, Coach, Mentor

**Read how our premier diploma impact how these leaders work,
live and lead!**



Image of some of the 2015 Johannesburg graduates

“Enrolling for a Diploma in Practitioner Coaching with TCC far exceeded my aspirations and expectations. This has been a wonderful, experiential learning journey that has contributed significantly to developing my leadership capacity within a complex and dynamic work environment. I have learned how to expand time available by being fully present and embarking on every engagement with a sense of purpose and clarity.

I cherish knowing that I can be objective and considered in my responses and choose how to show up to influence the desired outcome. I have recently been appointed to serve as a Change Agent, working with global leadership and HR to help our organisation absorb and manage the constant change we are facing in this fast-paced 21st Century, acknowledgment of my capacity to facilitate transformational shifts in outlook.

If you are looking for a life-changing programme that will open your eyes to the multiple perspectives of any given situation and energise you to experiment with new possibilities to achieve your goals, TCC is for you.”

Catherine Hills

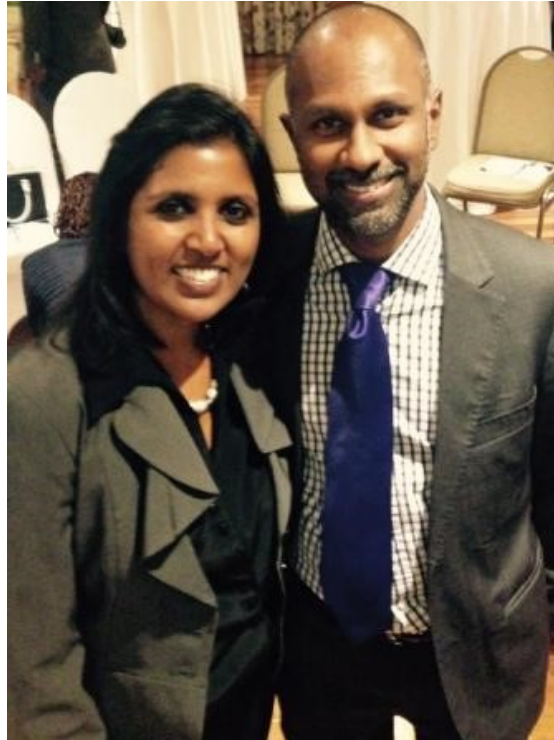
Africa Vice President - SAP Ariba

“The TCC diploma has had a significantly positive effect on my life and leadership. I have always been passionate about working with people to unlock their potential and the TCC diploma has given me the knowledge and tools to lead with integrity, confidence, deeper insight and skill. The diploma course was the best thing to have happened to me in years and has fundamentally shifted the way I see and understand myself and interact with others. It is the beginning of a lifelong journey of continued growth and learning.”

Lani Carstens

Group Managing Director - John Brown Media

High Potentials and Thought Leaders share the Impact of the Diploma!



Dr Ashika Pillay with her husband at 2015 Graduation

By Dr Ashika Pillay

MBBCh(Wits), MBA(GIBS), DIPIC (TCC)

When I embarked on the TCC diploma, I had no idea of how deeply this would impact on my life. I know that I made a conscious decision to have an openness to this new experience. With this as a starting point, I gained deep insight into my own quadrants - about my purpose, vision and innermost musings, how I show up and how my environment and relationships are aligned/or not. Importantly I also learnt about my default space, and how this had informed many of my personal life choices. One of the key revelations for me, was around truly integrating me, as a person - in all the various roles that I play. The goal that emerged from this was to find a way to express my integration in the somewhat fragmented world and society that I find myself in.

For many years, I have had my attention on how conventional medicine, helps with just one part of the health puzzle. Some of my dilemmas with this way, have been around:

- A “treatment rather than cure/prevention” model
- A perspective where patients relinquish their power over their own health/disease to the medical fraternity
- An approach where fragments of patients are treated - “the parts” rather than the “whole”
- A view that the body, mind and spirit are separate entities.

Through my journey of “being a coach”, my focus on wholeness, and a deep dive into the Integral+ Methodology, I was energised by the synergy that I saw between The Integral Map and Integrative/Functional Medicine. To give more detail, Integrative Medicine, as defined by Rakel and Weil (2012, p.7) embraces the following 6 elements:

- “Relationship-centred care
- Integrates conventional and complementary methods for treatment and prevention
- Involves removing barriers that may activate the body’s innate healing response
- Uses natural, less invasive interventions before invasive costly ones when possible
- Engages mind, body spirit and community to facilitate healing
- Healing is always possible, even when curing is not.”

The change that I have experienced as a medical practitioner, has been profound. My goal is to embark on an approach, using coaching as a platform to help raise patients’ awareness thought insight and deeper understanding of their own bodies, so that they have choice in leading their own health. A key narrative that has emerged for me is that of personal leadership, in health and in life in general - for I believe that they are in fact one.

Emerging neuro-scientific research shows that we can in fact create different neural pathways - we can teach ourselves to think differently. Thinking differently opens a whole new world - of empowerment and leadership, in health and wellness. A well-respected author in the field of mind/body medicine - Joe Dispenza says that when you change your thoughts, you change your chemistry. My goal, going forward, is to guide this perspective change in people, as they look out to lead their best lives - mind, body and spirit.

As I too, continue on this journey of learning, discovery and personal exploration, I find inspiration in this quote (adapted) by Deepak Chopra: "If you want to know what your thoughts were like in the past, look at your body/life today. If you want to know what your body/life will be like in the future, look at your thoughts today"

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Contact Angela on 0217150525 / 0732203445 / info@thecoachingcentre.co.za to enrol and to find out more!

Commences:

February in Cape Town and March in Johannesburg 2017!