



EXECUTIVE COACH
INTERNATIONAL
LIVE YOUR MARK.



the courage to
create

Are you ready to know your truest self?



Remove the unseen barriers. Fly to greater heights.

Originating from Asia's Pioneer Master Coach, experience the power of effective no-fluff coaching technology that reaches deep into the core of problem-solving to deliver results. Combining more than 20 years of expertise in human development, this program brings you thought-provoking perspectives that revolutionizes your life.

For registration & enquiries, please contact us:

Executive Coach International

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The Courage to Create focuses on the most important person in your life – YOU.

The Courage to Create (TCC) is a 3-day Coaching Intensive Program that transforms the way you approach yourself and your life.

Redefine who you are

In the journey of evolution, it takes courage to create and recreate ourselves to **be the kind of person we have always dreamed of being**. We identify ourselves by our roles, our titles, our functions, and positions in this world. Yet what if we are so much more than that? What if those very things that give us our identity also limit who we can truly be? If you are a healthy, successful professional looking to break new ground, *TCC* will give you the opportunity to re-define who you are—inside and out—in order to meet life's challenges as they unfold.

Being the master of your life

How many times have you been faced with making a difficult decision, or managing difficult relationships in life, or coping with unreasonable demands, or making difficult political maneuvers? While there are circumstances in life beyond our control, what you can and do have control over is yourself. After all, **the person who should be in the driver's seat of your life is YOU**. Imagine being able to face these same situations in life but knowing yourself and your environment well enough to position yourself in the best way possible. What would you, in the driver's seat, create if you have an ultra-responsive, top of the line machine at your disposal? *TCC* enables you to increase your internal locus of control so that you have greater power over circumstances, the clarity and confidence to take a step forward, and courage to live life on your terms.

Uncovering what can't be seen

When something slows us down or gets in the way of our progress, we often think it's a situational problem and attempt to resolve it at that level. Chances are there are deeper aspects of our personal life that are not working, influencing how we approach all areas of life. In *TCC*, we take **a holistic approach in solving problems**. We look at what stops you from operating at your peak, and deal with it at the source, freeing you up to run faster and be that person who wins in life and develop the ability to transform your potential into performance.

Program Outline

Program coaching

Increasing your self-awareness

About two weeks prior to day one of the program, you will be assigned a personal coach that best fits your profile and needs. You can expect two to three sessions of one-on-one coaching and a set of journal assignments to begin a process of inquiry and examination of yourself. Our thorough preparation allows for conversations to be highly customised and relevant to the individuals in the program. This accelerates the process of self-discovery during the program itself, thus making it more effective.

3 Intensive Days of Group Coaching

Day one: Discovering who you are

The roles and functions you play in your life • Getting to what really matters • What makes a super-functional person • Finding your strengths and weaknesses • Uncovering how you became the person you are today

Day two: Choosing a life that matters

The vicious cycle • The key to consciousness • Breaking through what holds you back

Day three: Creating the freedom within

Letting go of what's no longer important • Creating a relationship to yourself that works • Being free

What makes The Courage to Create different from other programs?

Intensity

In *TCC*, we cut out the fluff in order to get to the source of what really matters in all aspects of your life. Our processes go much deeper than other coaching or transformational programs in the market.

Small group size

The small group size of no more than 30 people allows for maximum individual attention and depth, while harnessing the energy and dynamics of the group for more work to get done in a shorter time.

Scientifically proven to work

Based on years of research and experience in human mechanics and dynamics, *TCC* has gone through refinement after refinement in order to consistently achieve a success rate of 95% for this level of depth.

Program customization

You get what you really need rather than a “one-size fits all” approach because every *TCC* is tailored to benefit the individuals within the group.

Who is this program for?

The Courage to Create is a program for you if:

- You are determined to accomplish your dreams at an accelerated pace
- You want to understand yourself better, so that you can have more clarity to help you make important decisions in your life and pave a meaningful career
- You want to build meaningful connections and deeply satisfying relationships with your loved ones and yourself
- You want to develop yourself into a powerful individual that you can make a difference to others

Graduates of *TCC* have come from all walks of life (between the ages of 18 to 68), ranging from undergraduates, executives and professionals to retirees. The wide range of demographics adds to the group dynamics in the program, allowing participants to mutually learn and gain different perspectives from their fellow course mates.

Prerequisite

Participants need to be at least 18 years old.

Benefits to You

- Discover your life direction through knowing what really matters to you
- Find fulfillment in life by uncovering the path to extraordinary living
- Attract relationships and circumstances you want
- Be freed from emotional baggage
- Develop and leverage on your strengths and talents and gain competitive advantage
- Upgrade and excel in your field, increase your capacity and performance
- Experience results DURING and immediately AFTER the program

Our Program Leaders

The Courage to Create Program is led exclusively by qualified senior program leaders in the organisation who have a minimum of seven years of coaching experience. Your *TCC* will be led by one or two of the following program leaders.

Julia Ng, Professional Certified Coach (ICF)

Coaching since 2000, Julia has worked with over 700 people directly, and more than 1,800 indirectly. Her vast coaching experience makes her a versatile coach, employing approaches and styles that are best suited for her clients' development. Many experience her as a steady and calm pillar of strength, with the wisdom of a sage that brings illumination and clarity to situations. When called for, she can be direct and no-nonsense in challenging her clients, earning her the title of 'kick-ass coach' in some business circles.

Soon Loo, Senior Executive Coach

Always challenging life beyond limits, Soon was presented with '2013 JCI Ten Outstanding Young Persons of the World' award. As a coach, he specializes in Passion and Performance coaching for corporate leaders and executives. Clients know him as warm, supportive, and yet demanding the best of them at all times. Soon has established himself as a well-sought after business strategist and adjunct professor with over 14 years of experience since his MBA days at Harvard Business School.

Loo Mei Yee, Professional Certified Coach (ICF)

Since flying in from Canada to Singapore to attend *TCC* in 2007, Mei Yee took the bold move to uproot her life and returned to Asia to be closer to her family. Mei Yee has since devoted her time to make a difference to people through coaching. Her abilities to connect and understand her clients emotionally, together with her firm and unwavering determination, has allowed her to empower her clients to achieve their dreams and goals over and over again. Clients know Mei Yee as a coach who is warm, understanding, direct and extremely supportive in their growth in life.

About Executive Coach International

Executive Coach International (ECI) is one of the largest and most successful professional coaching organisation in Singapore and the region that focuses on transforming human potential into tangible, lasting results. Founded by the pioneer Master Coach in South East Asia in 2004, ECI is reputed for a consistently high success rate, with over 95% of our clients' issues resolved and their personal and professional goals achieved.

We are based locally and recognised internationally. Our team of over 20 coaches makes us the largest organization of internationally certified coaches in the region. The tools and techniques we employ have proven effective with our clients, from Japan, Malaysia, Germany, France, Maldives, Seychelles, Belgium, USA and UK. We have also taken our coaching programmes overseas to Slovakia and major cities in China.

In 2011, ECI received the prestigious "Accredited Coach Training Program" accreditation by the International Coach Federation. This accreditation recognises ECI as an organisation with the highest professional standards in coaching & training worldwide. In 2014, ECI was awarded the "Promising SME 500" & "Singapore Prestige Enterprise 2014/2015" awards for excellent achievements regionally.

Testimonials

Prior to doing *TCC*, my health had been suffering due to the highly stressful nature of my investment banking job and I was on permanent medication. With the realisations I've gotten from the program, I've been able to manage my stress better. As a result, my health has improved dramatically and I have since reduced my medication. My effectiveness and efficiency has also improved, and I managed to deliver a five million pound project for the bank with the help of my coach.

- **Sim Wei Ping, Manager, The Royal Bank of Scotland**

Being shy and introverted since young, *TCC* showed me that it was possible to fulfill my dreams of dancing. I overcame my fears through the program and took center stage to an audience of 100 people in a solo dance performance. This newly unleashed confidence also placed me in an advantageous position in my career where I was repositioned to a regional role overseeing the strategic transportation flow across S. E. Asian countries.

- **Ms Tan, Sony Electronics Singapore**

The Courage to Create Preview

Every Tuesday evening, a dedicated team of coaches and *TCC* graduates volunteer their time to share their first-hand learnings and experiences from *TCC* as a way to support anyone who is seriously considering to embark on this program. This cosy session is a great place for you to get to know more about coaching and increase your awareness about you and your life.

If you would like to personally talk to our coaches and graduates to help you make a more informed decision, register yourself for the upcoming Tuesday Preview!

Date and Time: Every Tuesday evening, 7pm -10.30pm

Venue: RELC Building, 30 Orange Grove Road, #07-01A, S258352

Register now!

<http://preview.liveyourmark.com/coaching>

Email: kenneth@liveyourmark.com

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