



Your partner in Transformation

Cultivating a generation of compassionate and skilled coaches

We provide experiential and transformative training programs for individuals and organizations to leverage the power of coaching mindsets and skills.

We are passionate about our vision of coaching skills for everyone and that anyone who needs a transformative presence in their lives has access to this, whether it's from leaders, parents, partners, or professional coaches.

WE OFFER



Transformational Coaching: Foundations (3 days)

Learn and develop foundational coaching skills, mindsets, and presence to transform your leadership and how you interact with the world.



Become a Certified Coach

Become a professional certified coach with Cambodia's first and only professional coaching training program.

Comprising over 100 hours of in-person / online training, mentoring and exam, this course is taught in line with ICF's Core Competencies, providing a pathway towards the ACC credential with the ICF.



Leader-as-Coach (1/2/3 days)

Unlock your leadership through coaching with transformative and experiential coaching courses.





Coaching-infused workshops & retreats



At CCI, we believe in doing things differently.

Traditional trainings are theoretical, framework-based, uni-directional and do not lead to lasting change.

We believe this is due to two main factors:

1. Focusing on the wrong topic
2. Not experiential and not informed by neuroscience

We like to go to the root cause level, focusing on topics and interventions that have multiple benefits downstream.

Our training and retreats are neuroscience-informed, taking an experiential learning approach and ensuring all learnings are **embodied** rather than just learned intellectually. This sounds easy in theory but takes masterful facilitation to apply well – a skill that our expert coaches have in abundance!

Team retreats

Holistic and experiential retreats that will leave your team feeling energised, connected, engaged and challenged like never before.

Workshops

Say bye to frameworks and theories. Our experiential workshops are neuroscience-informed. Our learning sticks.

Topics include: authentic leadership, effective communication, conflict management, creativity, personal effectiveness, mental fitness.

Positive Intelligence course

As the only coaches certified and licensed to deliver the renowned 7 week Positive Intelligence Program, we can take your team on a journey to rewire their minds.



Transformational Coaching: Foundations (3 days)

Coaching training is not just for those wanting to become professional coaches. Learn coaching skillsets, mindsets, and presence to transform your leadership and how you interact with the world.

The purpose of the course is to equip coaches with the mindset and skillset of transformational coaching. Focusing on experiential learning, participants will have the opportunity to practice and receive feedback on their newly acquired coaching skills.

By the end of the course, you will have a clear idea about what coaching is, and how coaching can help to transform your presence and your impact. You will know how to have powerful coaching conversations with your team on any topic using skills based on scientific and practical research.

Overview

A three-day experiential training for those new to formal coaching training. By the end of this course, participants will:

- Understand what coaching is
- How to consciously leverage your presence and coaching skills
- How to create deep and powerful coaching relationships
- Key coaching mindsets and skills
- How to have powerful, transformative coaching conversations
- How to apply these mindsets and skillsets to transform your own impact

Who is it for?

This class is for those that want to learn the fundamentals of transformative coaching but are not yet ready to commit to a full certification course or coach professionally.

Ideal for: C-suite, managers, professionals, teacher, parents, psychologists, psychiatrists

This course counts towards credits for the full certification program should you wish to continue your training.

Next course dates: 20–22 Jan & 10–12 Feb, **Investment:** \$350



Leader-As-Coach (2 days)

1 day and 3 day alternatives available

Coaching is the most sought after skill for leaders and managers all around the world. It is the quickest way to unlock team and organisational performance. Employees rate “being a good coach” as one of the most important factors of being an effective leader. Although demand for it is at its highest ever, coaching skills are in short supply.

Leaders and organisations that are equipped with the right mindsets and skills sets are uniquely placed to leverage this competitive advantage, to boost employee engagement, workforce creativity, productivity and performance – outperforming the competition and attracting the best talent.

We deliver experiential coaching training for leaders, on coaching presence, mindsets and skillsets to have powerful coaching conversations, bring the very best of themselves to work, and have a long-lasting impact on their teams and organisations.

Overview

By the end of this course, participants will:

- Understand what coaching is
- How to consciously leverage your presence
- How to create powerful coaching relationships
- Key coaching mindsets and skills
- How to have transformative coaching conversations
- How to apply these mindsets and skillsets to transform your own impact and that of your organisation

“This course made me rethink my approach to getting the best from my people. It’s all about unlocking their skills.”

Who is it for?

This class is for executives and senior management that without formal coaching training, and want to:

- Become a leader equipped for the 21st Century
- Build a culture of empowerment and accountability
- Boost the performance and commitment of your teams – and make it last
- Improve the quality of your relationships
- Be an effective developer of people

Courses delivered on request by organisations.



Professional Coaching Certification

5 months Core Curriculum + 3 months Certification Track

Our course, Cambodia's first and only professional coaching training program, delivered online and in-person takes place over five modules of 3 days each. The course is designed on the principles of experiential learning, with structure provided to guide you as you practice toward mastery.

By the end of this program, you will be equipped to coach any person on any topic using skills based on scientific and practical research, through our very own **Connection-Centred Transformative Coaching** (CCTC) methodology.

You will be given a certificate of completion and be able to apply for an ICF ACC (International Coaching Federation) credential under the Level 1 Pathway (accreditation TBC).

1

FOUNDATIONS

3 day module on foundational coaching principles and core coaching skills

2

CORE CURRICULUM

4 modules of experiential coaching training lasting 3 days each, deepening coaching presence and skills that you can apply in your professional coaching or in your leadership.

We will train you using our Connection-Centred Transformative Coaching methodology to coach anyone on any topic, with lasting results.

3

CERTIFICATION TRACK

10-week elite coaching training, getting you ready for CCI certification, exam and ACC credentialling.

Includes mentor coaching, coaching supervision, and certification prep calls.

Next course dates: early 2023

Investment: \$3,000



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Positive Intelligence: Master Your Mind

(7 weeks)

Master Your Mind: A 7-week program to make lasting changes your neural circuitry. Be happier, more effective and reach your potential.

Why this course

80% of individuals, relationships and teams are not performing at their potential, due to our own self-sabotage. For most of us, the default patterns of our minds are working against us more than for us, leaving us feeling stuck, with great resistance to us growing and moving forward. It feels like driving with the handbrakes on. Only 20% of team and individual achieve anything close to their true potential.

Your performance and happiness depends on how well you master your mind, defined as Positive Intelligence, so that it acts in your best interest. Based on results from hundreds of thousands of previous participants, we have seen that leaders and teams with higher positive intelligence perform better, have high productivity and creativity, increased sales and also lower stress, better mood, low employees' burnout and higher retention.

"I found the course very useful and relevant to my professional and personal life. Many aspects of the course train you to better discover yourself and suggest many effective and science-backed approaches to activate a part of your brain that maintains and nurtures your positivity and inner mindfulness regardless of situations and challenges that you are dealing with."

The e-book and mobile app that come with the course are fantastic tools that profoundly encourage and deepen my learning journey. In addition to the one-on-one support that Joey has offered, we also have POD community which is a harmonious sanctuary and is structured in a way that trust, supports, and judgement-free are prevalent."

- Sereyrih (Urbanland)

What we now know is that self-sabotage and self-thriving patterns are different brain states. We can rewire your brain so that it is changed forever to start working for you more than against you. This 7 week course takes the insights from the 3 hour workshop and provides daily exercises that guide you through a step by step process to rewire your brain, break old and unhelpful mental patterns and completely transform yourself and your team. Forever.



Hear from our graduates



"Joey's provided a powerful course and I deeply recommend it to any leader, manager and aspiring coach. Frankly speaking you don't expect a world-class standard of training coming from Cambodia, especially in coaching, but this was one of the best I've ever attended.

Joey's blend of social and experiential learning was technically proficient, balanced and fluid. We were given a safe space to try and fail in the sessions, this gave me courage to apply new techniques in my companies and my coaching clients to great success. It really was the best way to do this. Thanks again Joey, excited to see the impact of your presence in Cambodia."

**Galeno Chua, Founder of The Idea
CCI Certification Program graduate**



"I had the pleasure of working with Mr. Joey Ra and his team for a public training offered by EuroCham. Based on this experience, I would highly recommend Joey as a coach for individuals, or as a trainer for teams and businesses. Joey was flexible to our needs and adapted his training well to our audience.

I was able to learn the benefits of coaching in the workplace. This was an area I was somewhat cynical about before, but I have since been able to apply several of the lessons and tools learned to my own team.

Joey was able to create a course environment in which all participants (of varying backgrounds and seniority) felt relaxed, and open to discussing their work challenges. The course was also rated particularly highly by our participants. Overall, I highly recommend Joey as a coach and services provider, and hope to work with him again in the future."

**Tom Hesketh, Deputy Executive Director for Eurocham
Leader-as-coach participant**



Hear from our graduates



"What the CCI are doing is remarkable, in establishing a professional coaching industry in Cambodia which will ultimately provide positive effects across society. Founder Joey Ra was engaging and extremely knowledgeable, balancing interactive elements, condensing learning and teaching new models really well. Thanks to the course, it equipped me with skills to better nurture and lead others. It was transformational!"

Sharliza Rahman, Chief Brand & Digital Officer at Forte Insurance
CCI Certification Program graduate



"This course has allowed me to step fully into myself, further enabling my emotional learning training. The work we have done during the program has given me the power to completely embody essential parts of myself that has impacted me to better support my clients."

Sifiso Ripinga, Founder of Noggin Notes
CCI Certification Program graduate



"My training with CCI allowed me to truly be myself and be vulnerable. After completing each module, I felt like I had grown as a person with new tools to improve my life. I love the community that I'm now a part of, and the special friendships I have made. I would recommend this course to anyone who is interested in improving their lives personally, as well as wanting to improve the lives of others."

Molika Srun, WILDFIT Coach, Investor, Co-Founder of Alkagizer
CCI Certification Program graduate



Our faculty



Joey Ra, CPCC, PCC, PQCC, MGSSC
Founder and Head of Faculty

Joey Ra is one of the most senior coaches in Cambodia, being one of two PCC coaches recognised by the ICF and is a recognised thought leader in the country. His core training is with CTI, and is also a certified Team and Executive Coach with Marshall Goldsmith and Positive Intelligence.

Born in Korea and raised in the UK, he now works to nurture and grow coaching in Cambodia, serving as teacher and mentor to coaches in the region. In pursuit of this mission, he has trained over 140 leaders in Cambodia as professional coaches or leader-as-coach.

He is particular interested in the impact of trauma on the long-term behaviours of individuals and communities. His coaching incorporates a variety of modalities, including cognitive, somatic and constellation methodologies.

Joey's clients appreciate his holistic approach that includes the intellectual, emotional, philosophical and spiritual.



Helena Yan, ACC
Faculty

Helena Yan is an ACC coach with the ICF, one of three ACC coaches in Cambodia. She trained with MMS Worldwide Institute and is undergoing certification with Positive Intelligence. Helena's coaching approach is consciousness, connection and heart-focused.

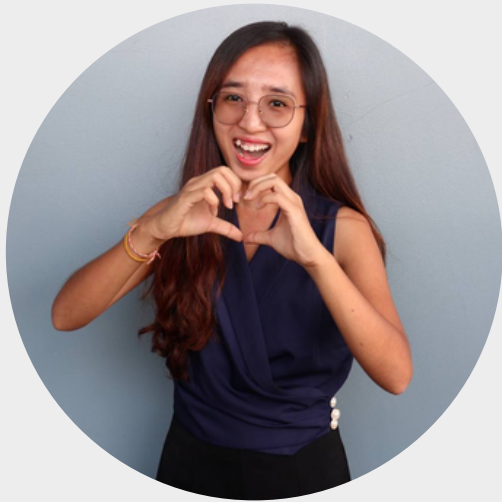
Helena has over a decade of experience in physical health, being a master Pilates trainer, as well as a Yin/Restorative yoga and zumba instructor. She believes strongly in the connection of the body and mind. "Movement heals and space cures."

Helena has a natural way of sensing people's energy and works toward balancing chakras through movement and healing inner wounds through breath. Her philosophy of life is living life as a coach both internally and externally.

As part of CCI's teaching Faculty, Helena nurtures coaches with passion and compassion."



Our team



Sovannady Chea
Head of Operations

Nady heads up Operations for CCI, and is also a facilitator and associate coach. She has a background in Accounting and Finance, and participated in multiple start-up projects, business incubation programs, as well as promoting communal libraries in Cambodia, prior to joining us at CCI.

She is a graduate of the first cohort of CCI back in 2020 and finished her second certification program with CCI in 2022. Despite her young age, she is one of the most experienced Khmer trainers of coaching in the country.

Nady's mission is to empower Cambodian leaders to discover their potential, and be a catalyst for positive change in Cambodia's business society.

Connect with us!

Reach out to Joey, Helena or Nady to explore how our coaching training and coaching-infused workshops and retreats might help unlock your and your organisation's potential!

Follow up on LinkedIn, Facebook and sign up to our monthly newsletter to keep up to date with our latest activities, as well as developments in the coaching and leadership space.

We're also very keen to meet people in the HR, leadership or mental health spaces, so do reach out to us to connect!



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It's been an eventful few months since our first newsletter in June. We celebrated the graduation of both online and in-person cohorts of our certification program - 90+ hours of intensive training complete!

The graduates will now enter a 'certification prep' stage, building up 100 hours of coaching, receiving supervision and in-depth one-on-one mentoring, ready to apply for the ACC credential with the ICF. In the meantime, CCI are preparing our application to become the first ICF accredited organisation in Cambodia.

We also started to form deeper connections with the wider mental health community, working on collaborations with **Noggin Notes**, **Sneha Center** and **The Bamboo Centre**, as well as welcoming the newly-opened **Sombok Psychology** to Phnom Penh!

We also officially welcomed **Helena Yan, ACC** who is a master pilates trainer and instructor, yoga teacher and zumba teacher to join CCI as teaching Faculty. She brings over a decade of expertise of the physical and we look forward to explore this cutting edge of coaching of the mind-body-spirit connection to serve Cambodia's needs.

Many of our graduates have already started applying their new skills and presence in their spheres of influence, which you will see below. This is how we will heal and transform Cambodia - through these inspiring leaders and changemakers, one person at a time.

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RECENT NEWS

- ICF Singapore welcomes CCI and the Cambodian coaching community!
- CCI cohort graduates!
- A word from our new Faculty, Helena Yan

