



Your Trusted Partner in Coaching & Development.
Driving Impactful Change. Making A Difference.



EMPOWER LIVES:
BECOME AN ICF CERTIFIED COACH

About ICF :

The International Coaching Federation (ICF) is the leading global organization dedicated to advancing the coaching profession. Established in 1995, ICF sets the gold standard for ethical practice, education, and credentialing for coaches worldwide. With over 50,000 members in over 140 countries, ICF plays a crucial role in:

- ✓ Defining and promoting coaching excellence
- ✓ Setting the benchmark for coach education
- ✓ Building a strong and connected coaching community
- ✓ Advocating for the value of coaching



Choosing an ICF-aligned program like Matrix's Coaching 101, BAC, BPC, and BPC Advance ensures you receive training that adheres to the highest global standards in the coaching industry."

Unique And Holistic Training Modules -

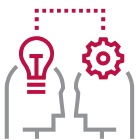


To become an ICF-certified coach, our coach training curriculum focuses on a holistic learning experience with particular emphasis on psychology, sociology, philosophy, spirituality, and mindfulness. Coaches who wish to specialize in life coaching/ executive coaching/ business coaching/ relationship coaching/ parenting coaching/ spiritual coaching/ grief coaching, etc., can apply to learn with us.



Gain industry recognition and credibility

ICF credentials are highly respected by employers, clients, and peers, making it a great addition to uplift your career.



Develop An Exclusive Advanced Coaching Career

Master advanced coaching techniques and confidently navigate complex coaching scenarios. Gain expertise in specific coaching niches and cater to diverse client needs.



Peer Coaching Groups

Collaborate with fellow experienced coaches, share best practices, and provide strength-based feedback. Boost your confidence and empower individuals and organizations to achieve their full potential.



Enhance Your Coaching Skills And Knowledge

Master core coaching competencies, ethical guidelines, and best practices. Develop advanced coaching skills and techniques under the teachings and training of seasoned industry experts.



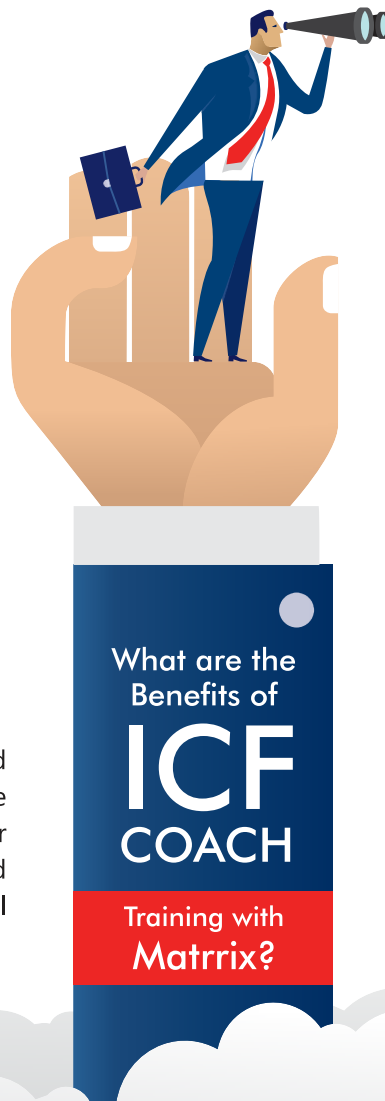
LIVE Webinars and Masterclass with renowned coaches

Learn from industry leaders and gain valuable insights to enhance your coaching practice and earn ICF CCE hours.



Expand your network and career Opportunities

Connect with a global community of professional coaches with Matrix and ICF to access exclusive resources and foster collaboration and continuous learning.





- ICF Credential Renewal Program

- (BAC) ICF Level-1

Become an Associate Coach Program

- (BPC) Program ICF Level-2

Become a Professional Certified Coach

- BPC Advance

- Coaching 101



ICF Coaching 101



PROGRAM HIGHLIGHTS :

- A comprehensive 10-hours of pre-recorded program to provide aspirants a basic understanding of how to coach people
- Avail 10 hours of training with ICF 3 CCEU hours
- Upon successful completion of the Coaching 101 program, participants will be awarded the prestigious ICF Global Coach Certification



Designed For -

Aspiring coaches who want to learn the basics of coaching before venturing into the ICF professional programs.

Curriculum

COACHING DEMONSTRATION - 3 CASE STUDIES

ICF 1

COMPETENCY -

(Demonstrates Ethical Practice) with short case studies

ICF 2

COMPETENCY -

(Embodies a Coaching Mindset) with short case studies

ICF 7

COMPETENCY -

(Evokes Awareness) with short case studies



Matrix
'Become an Associate Coach'



BAC Program ICF Level-1



PROGRAM HIGHLIGHTS:

- 60+ hours (30 hours of synchronous and 30 hours of asynchronous learning) of ICF-aligned coach training and 10 hours of mentor coaching
- Unlock and learn about ICF's core competencies.
- Experiential learning
- Mentorship and coaching support



Designed For -

Aspiring coaches with limited experience seeking a solid foundation in coaching fundamentals.



Enriching experiential learning experience with **synchronous** (Live Classes, Situational-Based Case Studies, Videos, Coaching Practice, and Coaching Supervision) and **asynchronous** (E-Books, Mindfulness, Psychology, Management Videos, Blogs) learning.

Curriculum Breakdown:

Foundation:

- ICF Core Competency 1 - Demonstrates Ethical Practice - Understanding Ethics
- Coaching Practice

Foundation:

- ICF Core Competency 2 - Embodies a Coaching Mindset
- Difference between Coaching and Other Terms
- Hollow Bamboo and Drop your Guard
- Carl Rogers' Theory on Unconditional Positive Regards
- Kolb's Learning Cycle
- Classical Conditioning - Ivan Pavlov
- Understanding Culture and Values (Personal Values, Family Values, Social Values, Value Conflict)
- ICF Core Values
- Coaching Practice



Co-Creating the Relationship:

- ICF Core Competency 3 - Establishes and Maintains Agreements
- Psychological Contract | Benefits of Contracting | Boundaries in Contracting | Excerpts from Julie Hay's Psychological Boundaries and Psychological Bridges | Contracting Process in an Individual Practice | Process of Contracting with Organizations | Understanding the Three-Cornered Contract- Julie Hay's | Coaching Dilemma | Contract Closure | Ethical Issues in Contracting.

GROW Model - Sir John Whitmore and RGROW - Dr. Paras Coaching Practice



Co-Creating the Relationship:

- ICF Core Competency 4 - Cultivates Trust and Safety – How to Cultivate Trust and Safety?
- ABCD Trust Model
- Elements Essentials to Establish Trust
- Johari Window
- Coaching Practice



Co-Creating the Relationship:

- ICF Core Competency 5 - Maintains Presence - Coaching Presence
- Six Ego Traps
- Understanding Accountability & Trust
- Coaching Practice



Communicating Effectively:

- ICF Core Competency 6 - Listens Actively – Listening Skills
- ICF Core Competency 7 - Evokes Awareness
- Reframing Perspectives | Empowering and Disempowering Perspectives
- Stages of Listening | Understanding 4 Levels of Listening | 5 Levels of Listening | Types of Listening
- Questioning Skills
- The Secret of Ho'oponopono
- Power of Self-Coaching
- Mindfulness in Coaching
- Coaching Practice

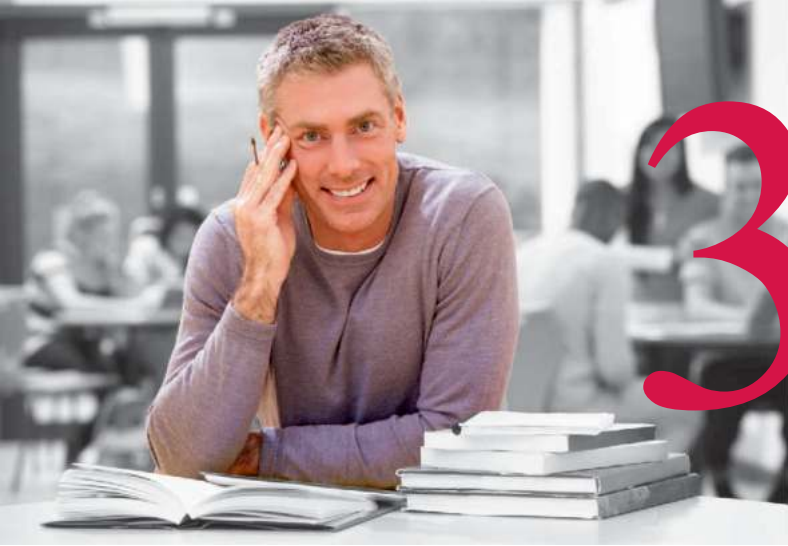
Cultivating Learning and Growth:

- ICF Core Competency 8 - Facilitates Client Growth
- Importance of Commitment and Accountability in Coaching
- NLP Anchoring - Dr. Richard Bandler
- Action Learning and Coaching
- ICF Competencies and Behaviour Indicators
- Coaching Practice



Upon completing the BAC program, you can apply for the ICF credential - ACC. Matrrix ensures ongoing support and resources to help you launch and grow your coaching practice. Furthermore, you can upgrade your program to BPC before or after completing your BAC program.





Become
a Professional Certified Coach



BPC Program ICF Level-2



PROGRAM HIGHLIGHTS:

- 125+ hours (65 hours of synchronous and 60 hours of asynchronous learning) of advanced ICF-aligned coach training and 10 hours of mentor coaching
- Unlock and re-learn about ICF's core competencies
- Explore a variety of psychological theories, Mindfulness and Philosophical discussions (as specified under the Curriculum)
- Learn the art of Self-Coaching



Designed For -

Professionals aspiring to enhance their coaching expertise to delve further into the intricacies of the coaching profession and pursue opportunities for consistent learning for personal and professional growth.



Focus on niche coaching specializations and building a sustainable coaching business.

Curriculum Breakdown:

Psychological Theory:

- Id, Ego, and Superego -Sigmund Freud
- Coaching Practice

Psychological Theory:

- Transactional Analysis – Dr. Eric Berne (Understanding Ego States, Games and Drama Triangle, Life Positions, Transactions, Discounting and Frame of Reference)
- Coaching Practice

Psychological Theory:

- Logotherapy - Viktor Frankl
- Coaching Practice

Theory:

Understanding Theory U -
Otto Scharmer
Coaching Practice



Psychological Theory and Tool:

- TEA Model – Dr. Paras
- Coaching Practice

Psychological Theory:

- Carl Jung Theory
- Coaching Practice





Psychological Theory:

- Maslow's Theory of Motivation - Dr. Abraham Maslow
- Coaching Practice

Theory:

- 12 Steps Hero's Journey - Christopher Vogler and Joseph Campbell
- Coaching Practice

Theory and Model:

- Scarf Model – David Rock
- Coaching Practice

Tools and Techniques:

- Understanding Neuro-linguistic Programming (NLP)
- Techniques - Dr Richard Bandler and John Grinder (Perceptual Positioning and Creative Visualisation.)
- Coaching Practice



Theory:

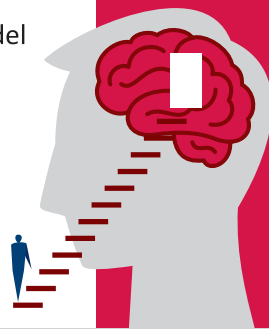
- Inner Game of Tennis – Timothy Gallwey
- Coaching Practice

Theory:

- Heron's Six Categories of Intervention Model
- Coaching Practice

Technique and Tools:

- Six Thinking Hats – By Edward de Bono
- Coaching Practice



Technique:

- Permission Wheel - Gysa Jaoui
- Coaching Practice

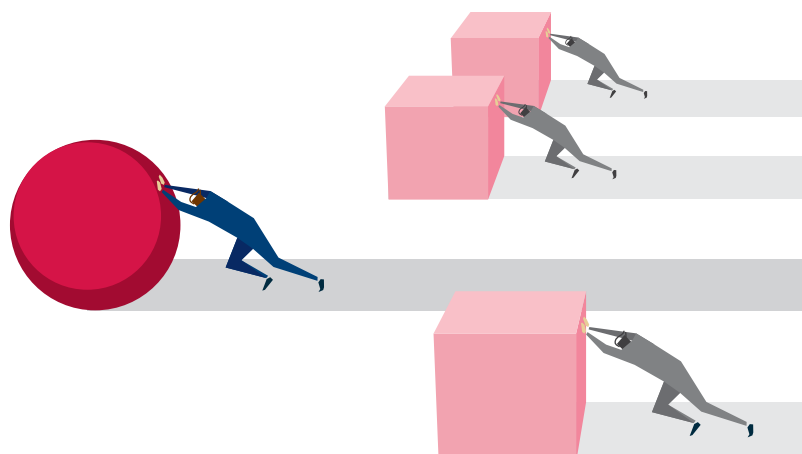
Tools and Techniques:

- Contracting Model – Dr. Paras
- Coaching Practice

Models and Framework:

- Co-Active Coaching – Laura Whitworth
- Coaching Practice

****Upon completing the BPC program, you can apply for the ICF credential - PCC. Furthermore, Matrix remains committed to your success even after graduation.**





4 BPC Advance



PROGRAM HIGHLIGHTS:

- 75 hours of Training - Synchronous 40 hours and Asynchronous 35 hours (80% focused on the ICF Core Competencies)
- 10 hours of Mentoring with in-depth feedback



Designed For -

Participants who wish to pursue an MCC credential from ICF via the Portfolio route can explore this program.

Curriculum

ICF 8 Core Competencies with Behaviour Indicators

1. Demonstrates Ethical Practice
 2. Embodies a Coaching Mindset
 3. Establishes and Maintains Agreements
 4. Cultivates Trust and Safety
 5. Maintains Presence
 6. Listens Actively
 7. Evokes Awareness
 8. Facilitates Client Growth
- Coaching Practice
 - Explore the Who of the Client: Values, Beliefs, and Needs | Robert Dilts Model of Change | Coaching Practice
 - REBT Technique- Alber Ellis | Coaching Practice
 - Questioning Techniques and Frameworks | Coaching Practice
 - Mindfulness Techniques | Coaching Practice



****Upon completing the BPC Advance program, you can apply for the ICF credential - MCC. Matrix continues to be your lifelong partner in success, equipping you with all the knowledge you need to excel as a professional coach.**

Next Steps in Your Coaching Journey - Credentialing with ICF

Completing Matrix's BAC and BPC or BPC Advance programs equips you with the foundational knowledge and practical skills to pursue ICF Coaching Credentials like Associate Certified Coach (ACC), Professional Certified Coach (PCC), and Master Certified Coach (MCC).

HERE'S A BREAKDOWN OF THE NEXT STEPS:

Complete Coaching Education (CCE) Hours	PRE-REQUISITES	Coaching Experience Requirements
Requires a minimum of 60 hours of Coaching Education 10 hours of Mentor Coaching	ACC	Requires a minimum of 100 hours of Documented Coaching Experience
Requires a minimum of 125 hours of Coaching Education 10 hours of Mentor Coaching	PCC	Requires a minimum of 500 hours of Documented Coaching Experience
You need to be a PCC-credentialed coach from ICF, and further require a minimum of 200 hours of Coaching Education 10 hours of Mentor Coaching	MCC	Requires a minimum of 2,500 hours of Documented Coaching Experience

****ICF membership and credentialing fees for the next steps in your professional coaching journey need to be paid separately, as mentioned on ICF's official website.**

Matrixix is here to support you on your journey:

We provide information and support throughout the ICF credentialing application process.





ICF Credential Renewal Program



Remember, becoming ICF-credentialed is a significant achievement, demonstrating your commitment to excellence in the coaching in every step of your coaching journey.



matrix[®]

- offers -

**40 hours of specialized
Asynchronous Program for**

**ACC / PCC and
MCC Credential renewals.**

Contact us Today to Learn More!

Note:

For ACC credential renewal, coaches also need to compulsory opt for 10 hours of mentoring for a minimum period of 3 months as per the ICF guidelines.

Dr. Paras,
the visionary behind the
ICF Coach Training Programs
at Matrix, is more than just
an expert; he's a true luminary
in Mindfulness and Coaching.



Meet **Dr. Paras**

- ❖ Dr. Paras is a multifaceted professional with over 19 years of experience transforming lives through coaching and training.
- ❖ As a Life Leadership Coach, Corporate Consultant and Trainer, Mentor, Coach Supervisor, Counsellor, and Psychotherapist, he empowers individuals and organizations to reach their full potential.
- ❖ His expertise lies in leadership development, Emotional Intelligence, Communication skills, Conflict management, Stress Management, Presentation Skills, Train the Trainer, Organizational Value Workshop, Coaching, Mentoring, Organizational development, and utilizing various techniques like Mindfulness, NLP, and Hypnotherapy. Driven by a passion for helping others achieve their goals.
- ❖ Dr. Paras is a trusted guide and thought leader in the field of personal and professional development.



AWARDS AND ACCOLADES

“Young Leader Award”

ICF (International Coach Federation)
Pittsburg, Pennsylvania, USA, 2018

“Mindfulness Coach Of The Year”

World HR Congress
Mumbai, 2019

“Mentor Coach Of The Year”

The Golden Globe Tiger's Award
Malaysia, 2018

“Life Leadership Coach”

World HR Congress
Mumbai, 2018

“Innovative Coach of the Year”

HR Distinction Awards
Delhi, 2018

KEY ACHIEVEMENTS

**Trained, coached,
and mentored**
over 1.5 lakh individuals

Certified Master Coach (MCC)

- International Coach Federation (ICF)
- He has 5000+ hours of Practiced Coaching

Founded Dr. Paras Wellness Pvt. Ltd.

Matrix, impacting countless lives



Award- Winning Coach

Recognized for excellence in coaching by various organizations, along with 44 international credentials in the field of coaching, human behavior and development.

Director of IIUEF

Inner Universe Education Foundation
(www.iiuef.org)

Philanthropist

Mental well-being at Tava mitram
(www.tavamitram.org)



Certifications and Qualifications:

- ❖ Master Certified Coach (MCC) from International Coaching Federation (ICF), Gallup Certified – Strength Coach, Certified Practitioner in Team Coaching Australia, Inner game of Tennis – Lead Facilitator, Result Coaching Systems – Coaching Skills
- ❖ Coach Supervision – Goldvarg Consulting, CPC (Coach Specific Training Program) Australia
- ❖ Psychometric Assessments: MBTI Certified, HOGAN Certified, 16PF Certified, TIFF Certified (Temple Index of Functional Fluency), HARRISON
- ❖ Psychology: REBT – Albert Ellis Institute NY (USA) – Advanced Practicum, CBT and Mindfulness – Beck Institute, DBT Skills, Gestalt Skills, DBT, and Post Jungian Clinical Concepts, TA-101 and advanced
- ❖ Master Practitioner-UK & NLP Trainer, NLP Coach and licensed Trainer USA from Pure NLP - Dr. Richard Bandler and Practitioner and Master Practitioner from NFNLP
- ❖ Certified Gestalt Facilitator for working in groups – London
- ❖ Maharshi University of Information Technology – UP - Ph.D. - Organizational Behavior
- ❖ IIM - Lucknow - Executive program in Human Resource Management
- ❖ Merc Institute of Management – PGDM - Business Administration and Management
- ❖ IBMS (Chittor) - Master's in Psychotherapy and Counseling (DL), Masters in Gandhian Thoughts
- ❖ Certified in Theravada and Mahayana Buddhism from Pune University

Dr. Paras has consistently pushed boundaries in the pursuit of ICF coach training and mindfulness excellence with a simple motto: **"Inspire SELF - Empower OTHERS - Transform GENERATIONS."**



Director at
Dr Paras Wellness Pvt Ltd

Co-founder of **Tavamitram**

She is the **ICF Program Director** at Matrix and holds the title of Master Certified Coach MCC by the International Coaching Federation (ICF).

Meet **Ekktaa Daithankar**

- ❖ Ekktaa is a dedicated professional with a strong focus on spirituality, Veda, Somatic Coaching, and Reiki Healing besides her expertise in coaching and coach training.
- ❖ Recognized as the Spiritual Coach of the Year in 2019 by the World HRD Congress, Ekktaa brings a wealth of global experience to her role. Her expertise lies in transforming businesses through coaching sessions within the corporate sector, fostering strong workforces aligned with a common vision. She also works extensively with individuals in the realms of personal development.
- ❖ With an innate ability to establish instant connections and drive rapid results, Ekktaa has gained global recognition. Her coaching spans diverse areas such as wealth and business management, goal formation, conflict resolution, emotional intelligence, and career development.
- ❖ A philanthropist at heart, Ekktaa integrates psychology with spirituality and coaching to bring innovation to her methods. She remains committed to advancing her studies in understanding the human mind, aiming to make coaching a universal way of life.
- ❖ In collaboration with her brother, Dr. Paras (Founder, Matrix), Ekktaa is dedicated to inspiring, empowering, and transforming lives through their shared mission.

Testimonials



Dr.Paras ICF-BPC program empowered me to become a strategic HR leader. I now coach and develop talent with a deeper understanding.

V. PADMAPRIYA

Head - HR (Products)



Dr. Paras' ICF-BPC (PCC) program transformed my coaching practice. I now guide agile teams with greater confidence and effectiveness.

ARUN SHARMA

Agile Coach



As an ICF-BPC (PCC) graduate, I credit Dr.Paras program for propelling me to leadership coach. Now, I empower others to create a lasting impact.

NEHA SHARMA

Partner & Leader-
Impact & Advisory



The ICF-BPC (PCC) program with Dr. Paras was a revelation. It equipped me with the skills to excel as a coach, which I implement to uplift the lives of my coaching clients. Access to the right resources and coaching tools has helped me profoundly help my clients.

ANIL CHANDIRAMANI

B Tech., IIT D



Dr. Paras' ICF-BAC (ACC) program beautifully complemented my psychology background. Now, I offer clients a powerful blend of therapy and coaching.

ASHWINI GOPALKRISHNA

Counselling Psychologist at
MindConvo



Dr. Paras' ICF BPC Advance (MCC) Mastery program ignited a passion for coaching in me. I went from leader to leadership coach, empowering others to reach their full potential.

ANKUR AGARWAL

Leadership Coach



Dr. Paras' ICF-BPC (PCC) program helped me bridge the gap between business leadership and coaching. Now, I inspire high-performing teams while driving agricultural innovation.

SUDIP GHOSH

Business Head, Field Crops
(Syngenta India Pvt. Ltd.)



Dr. Paras' program wasn't just about coaching others; it helped me coach myself. As an ICF-BPC graduate, I lead with renewed clarity and purpose. It has helped me drive my team's growth and bring more conversions to the company.

SUHAS KULKARNI

Country Head South
Asia - SOMA



Dr. Paras' ICF-BPC (PCC) program was a catalyst for growth. I'm not just a psychologist anymore; I'm a powerful coach, guiding individuals on a transformative journey.

BHAVNA NAGENDRA

Founder of Svadhyaya Learning Space



Dr. Paras' ICF-BPC program allowed me to leverage my passion for giving and equip myself with powerful coaching skills. Now, I ignite the philanthropic spark in others, empowering them to become transformative leaders who drive positive change.

JANAKI RAMKUMAR

Philanthropist



Dr. Paras' program equipped me to champion diversity, equity, and inclusion. As an ICF-BPC graduate, I coach leaders to create a more just and equitable workplace.

DEEPA NARASIMHAN

Global DEIB Lead



Dr. Paras' program pushed me beyond core coaching skills. The ICF-BPC (PCC) journey honed my ability to navigate complex agile environments. Being able to grow my team's resilience and churning to better productivity has been the highlight after taking this program.

SRINI VELMINETI

Agile Coach & Scrum Master



Dr. Paras' ICF-BPC program transcended borders. Even from Mississauga, Canada, I experienced transformative coaching that empowered me to guide global agile initiatives

MANOJ SHANTARAM PATIL

Enterprise Agile Transformation Consultant



From hospitality leader to ICF-BPC graduate, Dr. Paras' program helped me integrate coaching into my leadership style, fostering a thriving team culture.

INDRANEEL BENADIKAR

Commercial Director
Marriott Marquis Dubai, Jewel of the
Creek, & Hilton Dubai Creek Residences



Dr. Paras' ICF-BPC program unlocked my potential as an agile coach. Now, I foster collaboration and innovation within teams by implementing real-time coaching techniques.

PRAMOD GOGGI

Agile Coach
(AGCO Corporation)



Testimonials



Dr. Paras' ICF BPC Advance Mastery program was a game-changer. Today, I coach leaders and empower others to become coaches through my growing network of institutions.



ABDUL NASIR SHAIKH

Group CEO-
The Lexicon Group of Institutes



Dr. Paras' ICF-BPC (PCC) program sharpened my coaching toolkit by helping me develop powerful questioning techniques. Now, I can ask clients insightful questions that prompt self-discovery and propel them toward achieving their most ambitious goals.



SHANKAR IYER
Executive Coach



Dr. Paras' ICF-BPC (PCC) program reignited my passion for coaching, specifically by equipping me with the skills to empower executives in real time.



RAJIV VAID

Founder Sharpx,
Corporate Advisor and
Executive Coach



Dr. Paras' ICF-BPC (PCC) program elevated my HR leadership. I now coach and develop talent from a coach's perspective, fostering a high-performance culture.



SAMEER TAMHANE

Sr. VP - HR & Administration
(Ipca Laboratories Ltd.)



Dr. Paras' ICF-BPC program unlocked a new impact in my life coaching practice. Previously, I focused on helping clients navigate daily challenges. Now, I empower them to discover their true potential and design a life that aligns with their deepest desires.



HARLEEN KAUR
Life Coach



Entering Dr. Paras' ICF-BPC (PCC) program was like entering a world of possibilities. My background in corporate coaching gave me a deeper understanding of coaching methodologies and frameworks.



ASHA ANNIE MATHEW

Corporate Coach and Consultant



Dr. Paras' ICF-BPC Advance Mastery program was more than just acquiring skills. It was a journey of self-discovery that deepened my understanding of myself as a coach. Dr. Paras' genuine warmth and dedication fostered a supportive environment where I could experiment and grow.



CIPRIAN BANICA

Business Agility &
Product Leadership



I've always strived to create a lasting impact as an executive coach. Dr. Paras' ICF-BPC program gave me the tools and frameworks to become a true transformation leader. The holistic approach allows me to guide clients through a transformative journey, addressing their professional goals and underlying beliefs and values.



ABDUL ELAH ALHADIDI

Co-Founder | Executive Coach |
Transformation Leader



Dr. Paras' ICF-BPC (PCC) program wasn't just about teaching; it was about transformation. Now, I'm not just a trainer but a powerful leadership coach, partnering with individuals towards their full potential.



SWARITA MURALI

Learning Development
Practitioner & Leadership Coach



The ICF - BAC program was a revelation for me. As a coach, I was constantly seeking ways to refine my practice and deliver exceptional results for my clients. This program provided the missing piece. The curriculum was rich and insightful, and the instructors were incredibly supportive. They fostered a collaborative learning environment where I could experiment, grow, and develop my unique coaching style.



Dr. TEJASWINI MULAY

Sr. Instructional Designer,
Finastra



I always felt passionate about coaching, but the ICF - BPC (PCC) course truly ignited a fire in me. It wasn't just about acquiring knowledge - it was about deep transformation. The program equipped me with powerful tools and strategies, but more importantly, it instilled in me the confidence to truly connect with my clients and guide them towards their goals.



MANISH TAMBE

CEO - Dassault Systemes
Global Services



The ICF - BPC (PCC) course was a transformative experience that went far beyond the theoretical aspects of coaching. It was a deep dive into self-discovery that allowed me to refine my own approach to coaching. The program challenged me to explore my own limiting beliefs and develop a deeper understanding of my coaching style.



SHALAKA TAMBE

Life Coach | Author | Speaker



LIFE COACHING
LEADERSHIP
PERFORMANCE
BUSINESS
SALES
FINANCIAL
MINDFULNESS
RELATIONSHIP
MOTIVATIONAL
GRIEF TEAM
EXECUTIVE
ACADEMIC
CAREER
PARENTING
HEALTH AND WELLNESS
RETIREMENT
DIVERSITY AND INCLUSION
TRANSITION
CULTURAL SENSITIVITY

TURN YOUR
PASSION
INTO
PROFESSION
WITH OUR

Coaching Programs

TAILORED FOR DIVERSE COACHING SPECIALTIES



📍 Apt no. 301, 3rd Floor, Akshay Vaibhav Building, Next to Solaris Gym,
Lane next to Bata Showroom, Baner, Pune - 411045

✉️ drparas@matrix.in 🌐 www.mindfulnesspractitioner.com 📞 90-55-56-57-58



Mindfulness
PRACTITIONER

