

## The Instructors

We teach you the theory...then show you how it *really* works

For fifteen years, Michelle Rios has been an Executive and Personal Coach, a Consultant, Facilitator, Mediator, and Trainer. As a director of a global business, she coached, trained, and developed cross-cultural teams. Now a consultant, she coaches and trains clients in the business, non-profit, and government sectors. Michelle is a Professional Certified Coach through the International Coach Federation.

Marci Nemhauser has thirty years' experience as a clinical psychologist, including ten years as an external coach. She'll use her knowledge of human motivation and behavior to teach you how to work with your clients effectively. As an experienced coach trainer, she will also help you avoid the pitfalls that can trip new coaches.

Marci is a Professional Certified Coach with the International Coach Federation, and a Board Certified Coach and Certified Executive Coach through the Center for Credentialing and Education.

## What is an Executive Coach?

An Executive Coach works with professionals who want to improve their leadership ability and enhance their performance. The Coach partners with clients to develop strategies for positive change and supports them as they reach for their goals. The Coach also may offer personality assessments, suggest behavioral modifications, or work with a client's entire team or organization.

## PDXECA is a good fit for you if...

You're driven to understand and fix problems.

People turn to you for insight into work situations.

Helping people succeed gives you deep satisfaction.



**Portland Executive Coach Academy**

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## Portland Executive Coach Academy



*for excellence in Executive Coach training*



**Balanced. Current.  
Rigorous. Convenient.**



# PDX Executive Coach Academy

## Where Leaders Thrive!

*Develop the knowledge and confidence you need to be a successful Executive Coach*

### Balanced

As an Executive Coach you'll help your leadership clients with behavioral and business issues. We'll teach you to coach with both heart and head so you become a trusted confidante and valued advisor.

### Current

Corporations have changed dramatically in the twenty-first century. At PDXECA you'll learn up-to-the-minute coaching methods developed by leaders in the field and supported by research. When you use these strategies with your clients, their success

### Rigorous

Our challenging program gives you the thorough grounding you'll need to become a confident, sought after coach. We go beyond academics to give you five months of hands-on experience, personally supporting and mentoring you as you coach a client.

### Convenient

We prepare you for global competition without taking over your life. Classes meet in Beaverton, Oregon one weekend per month for eight months. Your sustained focus on professional growth will prepare you for certification through the International Coach Federation (ICF) or the Center for Credentialing and Education (CCE).

## Q & A

### Who should attend PDXECA?

We're looking for ambitious professionals with a business mindset, leadership and/or management experience, intellectual curiosity, and a desire to grow and change.

If you're a trained coach already, you can attend one or more weekends of your choice and earn CEU's.

### What is the time commitment?

Plan to spend ten hours in class and ten hours studying and coaching your client each month for eight months. You will also have 1 two-hour conference call during five of those months for mentor coaching. Total time = 170 hrs.

### Does PDXECA train internal or external coaches?

Because we teach the foundational skills needed by both internal and external Executive Coaches, our program gives you the flexibility to follow either career path.

## How do I apply?

Email us at [Michelle@pdxeca.com](mailto:Michelle@pdxeca.com). We'll send you an application packet and schedule a thirty-minute phone interview with one of our founders.