

Come  
play  
with us at

The Coaching Institute

EVERYTHING YOU  
NEED TO KNOW  
ABOUT OUR  
MELBOURNE  
CAMPUS



THE COACHING  
INSTITUTE



LIVE YOUR DREAM LIVE YOUR DREAM  
LIVE YOUR DREAM LIVE YOUR DREAM  
LIVE YOUR DREAM *dream*  
YOUR DREAM LIVE YOUR DREAM  
LIVE YOUR DREAM LIVE YOUR DREAM  
LIVE YOUR DREAM  
*your dream*  
LIVE YOUR DREAM LIVE YOUR DREAM  
live YOUR DREAM

# TRAVEL

The new TCI Headquarters are located 27.3 Kilometres from Melbourne Airport, which is approximately a 40 minute drive, allowing for traffic.



## TAXI – From Melbourne Airport

A Taxi from the airport is likely to cost around \$50.



## SKY BUS – From Melbourne Airport

The Skybus departs every 10 minutes and terminates at Southern Cross Station. It costs \$19.00 per trip or \$35 per round trip.

- Once at Southern Cross, go to Platform 13
- Take the train to Flinders Street Station
- Walk to St. Kilda Road (just outside Flinders Street Station, opposite Federation Square)
- Take any of the following trams:
  - 3/3a tram towards East Malvern
  - 5 tram towards Malvern
  - 6 tram towards Glen Iris
  - 16 tram towards Kew via St Kilda Beach
  - 64 tram towards East Brighton
  - 67 tram towards Carnegie
  - 72 tram towards Camberwell
- Get off at stop 21 (Domain Interchange)
- Cross the road away from the Botanical Gardens
- Walk down Albert Road
- Your destination is on the left
- Suite 40, 37-39 Albert Road, South Melbourne



## FROM ANYWHERE ELSE IN THE CITY

Any of these trams will get you to Stop 21

- 3/3a tram towards East Malvern
- 5 tram towards Malvern
- 6 tram towards Glen Iris
- 16 tram towards Kew via St Kilda Beach
- 64 tram towards East Brighton
- 67 tram towards Carnegie
- 72 tram towards Camberwell

# PARKING

## Ace Parking Lot

2 Bowen Crescent (behind the new TCI Campus)

### Rates Per Hour:

0.00 – 0.5	Free
0.5 – 1.0	\$8.00
1.0 – 2.0	\$13.00
2.0 – 3.0	\$19.00
3.0 – 4.0	\$23.00
Daily Maximum	\$25.00
Overnight	\$10.00
Early Bird	\$16.00

Enter between 6:00am - 9:30am and Exit between 1:00pm - 10:00pm

Must park level 9 and validate with attendant.

## Care Carpark

13-21 Palmerston Crescent, South Melbourne

Monday to Friday - 6:00am to 10:00pm

### Rates Per Hour:

0.00 – 1.0	\$6.00
Maximum	\$13.00
Lost ticket	\$50.00

Enter between 6:00am - 9:30am and Exit between 1:00pm - 10:00pm

Must park level 9 and validate with attendant.

## St. Kilda Road Towers

### Rates Per Hour:

0.00 – 0.1	\$6.00
1.0 – 2.0	\$12.00
2.0 – 3.0	\$18.00
3.0 – 4.0	\$24.00
Evening rate	\$6.00 (Between 6:00pm and 11:00pm)
Saturday Flat Rate	\$6.00 (Out by 11:00pm)
Sunday Flat Rate	\$6.00 (Out by 11:00pm)

## Open Parking in front of The Coaching Institute

There is 2 hour parking in front of The Coaching Institute building. Parking costs \$3.20 per hour Monday to Friday.

Saturday and Sunday is free.

# THE COACHING INSTITUTE

## IN OUR CENTRE

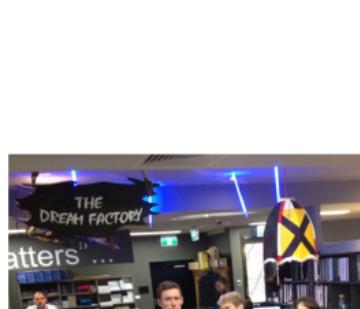
- Dentist
- Property Company
- Jungian Psychoanalysis
- Counselling and Chiropractics

## BOWEN CRESCENT CENTRE

- Hairdressor
- Chiropractor
- Pilates
- Newsagent
- Just to name a few

## ST. KILDA ROAD TOWERS

- Skin Specialists
- Male only hairdressor
- Newsagent
- Food Court
- And much more!



# CAFFES

THERE ARE 5 CAFE'S JUST OUT THE FRONT!

## **Kettle Black – 50 Albert Road, Melbourne**

Gourmet cafe fare, plus a food cart, in a chic terrace house with green chairs and modern lighting. One of Melbourne's famous breakfast spot.

## **Crux & Co. – 35 Albert Road, Melbourne**

A 110 seat cafe and patisserie located on the ground floor of the Emerald Apartment on Albert Road. Whether you are looking for a bite for breakfast, a reward after walking The Tan, or a brunch with friends, The Crux & Co have all the answers.

## **Sushi Lane and Eat Worx – 60 Albert Road, Melbourne**

These two yummy food dispensaries are right across from us. If you are a sushi fan, try Sushi Lane, while Eat Worx does a pretty cool assortment of fresh salads, rolls, pastries and coffees. In my opinion, this is the place to go during the week. Unfortunately Sushi Lane and Eat Worx are closed over the weekend.

## **Mish Café – 70 Albert Road, Melbourne**

This next café is just down the road, towards Kings Way. This one is a little bit cheaper. It's also only open during the week.

## **E'Fresca – Opposite Corner to us, across Kings Way**

This little coffee place seems to have good coffee and lunch specials. Open only during the week.

## **The Palmerston Hotel – 51 Palmerston Crescent**

Just a little bit up Kings way is the Palmerston Hotel, rumoured to make the best Parma in Melbourne. I'd vouch for that!

The Kitchen operates Monday to Friday 12am - 3pm for lunch, 6pm - 9pm for dinner and there is all day service on Saturdays.

## BEHIND US ARE SEVERAL EATING PLACES AND A FOOD COURT

### **Bowen's Deli**

Right behind TCI is a tiny alleyway that leads to the back entrance of a small centre. This houses the Bowen Deli. It's very small, but may be good for a quick coffee.

Opening Hours: Mon - Fri 7am - 3pm

### **St Kilda Towers**

There are several place inside St. Kilda Towers for you to get food. There is Chinese cuisine, Thai cuisine, sushi, soup, smoothies, salads and a convenience store; so you can pretty much have your pick. Next door is a restaurant called Squires Loft which, judging by the smell, provides amazing food for those meat lovers out there.

Opening Hours: Mon - Fri 7am - 3pm

## VENTURING FURTHER ABROAD

If you cross over to the other side of St. Kilda Road and walk away from the city, there are lots of different eating options:

The Royce Hotel

Café Vue (This one looks awesome!)

Café Rosco

Many sushi places

Subway

McDonald's

And more café's



# ACCOMMODATION



## BAYVIEW ON THE PARK

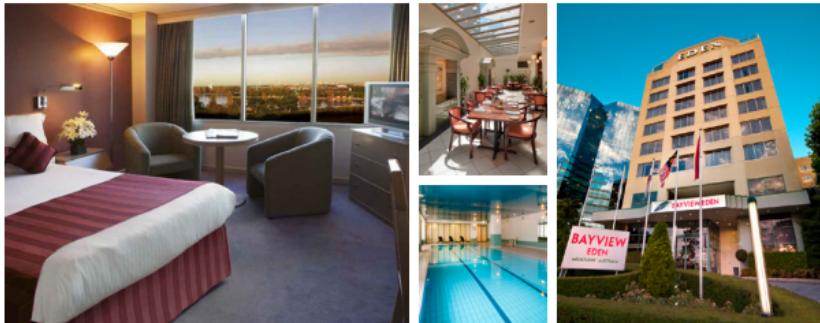
54 Queens Road, South Melbourne

Situated on the fringe of Melbourne's city precinct, adjacent to Albert Park Lake and golf course, Bayview On The Park provides the perfect location for business or leisure. Melbourne Aquarium, South Yarra shopping district and St Kilda Esplanade are all only a short tram ride away, with the added convenience of onsite car parking.

### Property Highlights:

- 194 guest rooms and 9 suites
- Flexible Lakeside Function Rooms with up to four individual rooms
- Function rooms conveniently located on the ground floor
- Two boardrooms with views located on the first floor
- Poolside Terrace Room and glassed Atrium area
- Outdoor heated swimming pool
- Gymnasium
- Three levels of onsite car parking
- Sails Brasserie
- Poolside Cocktail bar

When making your booking, mention you are staying for an event with The Coaching Institute for a 10% discount.



## BAYVIEW ON EDEN

6 Queens Road, South Melbourne  
Just two blocks away!

Perfectly positioned for business and pleasure. Bayview Eden Melbourne is located adjacent Albert Park Lake & Golf Course, close to all Melbourne has to offer. Each of our 180 guest rooms and 12 suites offer modern facilities and the pleasurable comfort of home, which are designed to ensure a stay that is both restful and productive. At Eden you will enjoy elegance, service and the ultimate in comfort and convenience.

### Property Highlights:

- 180 guest rooms and 12 suites (Views available)
- Flexible Grand Ballroom with up to 5 individual rooms
- Four historic Netherby Mansion function rooms
- Light-filled pre-function foyer with exhibition space
- High ceilings, Adjustable lighting, Heating and cooling
- Business centre and secretarial services
- Onsite undercover car parking
- 17 metre Indoor heated swimming pool
- Billiards room
- Rooftop health club including sauna, spa, gymnasium and Rooftop Terrace

# ACCOMMODA



## THE BLACKMAN HOTEL

### 452 St Kilda Road, Melbourne

Enchanting figurative painter Charles Blackman is the quirky inspiration for The Blackman hotel.

With a contemporary, boutique interior and an enviable St Kilda Road location, just a stone's throw from Melbourne's CBD, The Blackman hotel will inspire your imagination.

The Blackman's open plan Studio Suite allows for an inspiring combined living, working space for two with an abundance of natural light, fresh air, and a private spacious balcony.

Our Art Series Signature beds are what dreams are made of. Large figurative prints and stylish designer furnishings will ensure you feel right at home. Full kitchenette facilities incorporating modern appliances allow you to prepare your own fare, or snack on delicious mini-bar treats.

Our Studio Suite comes complete with a 42-inch HD flat screen television with Foxtel and Art channel, high-speed internet and iPod docking station with music programmed specifically for The Blackman by Sony Music.



## QUEST SERVICED APARTMENTS

If you're out to save some costs and to make new friends, why not organise to share accommodation.

Hop on to the face book group: **TCI Pay it Forward or B&B Spare Room** and find someone to share with.

## QUEST ON DORCAS

### 8 Dorcas Street, South Melbourne

Quest on Dorcas is one of the closest accommodation providers to The Coaching Institute (approximately a 7 minute drive away). Located within metres of the Royal Botanic Gardens and adjacent to St Kilda Road, while being only 2 km's from the CBD. All 49 newly refurbished apartments in South Melbourne are non-smoking, stylishly appointed and feature separate lounge and dining area, two televisions and balcony.

# ACCOMMODA



## QUEST SOUTH MELBOURNE

### **21 Park Street, South Melbourne**

Quest South Melbourne provides residential-style apartment living, conveniently located within St Kilda Road's business precinct, a mere 2 kilometres from Melbourne's CBD. All 13 refurbished apartments in South Melbourne are non-smoking, stylishly appointed and feature separate lounge and dining area, two televisions and balcony.



VUON



## QUEST WINDSOR

**111 Punt Road, Prahran VIC 3181**

Quest Windsor offers a range of 1, 2 & 3 Bedroom self contained serviced apartment accommodation. All of our apartments offer a completely self contained kitchen including dishwasher, fridge, 4 burner stove top, oven, microwave as well as full in-room laundry facilities including washer, dryer and laundry tub. Our location provides easy access throughout Melbourne for both business and leisure.

# ACCOMMODATION



## THE SYDNEY BOULEVARD HOTEL

**90 Williams St, Sydney NSW 2011**

The Sydney Boulevard Hotel is a 4 star hotel only a short walk from Sydney's CBD. This hotel offers 270 guest rooms with stunning views of the picturesque Sydney Harbour or City Skyline.

Our hotel is conveniently located to grant easy access to local attractions, sporting venues and various shopping & dining options. Being located in Sydney's central business district, The Sydney Boulevard Hotel also features meeting and event venues that make it easy to plan your next business or conference.

When making your booking, mention you are staying for an event with The Coaching Institute for a 10% discount.



# VICON



## MECURE SYDNEY

**818-820 George Street, Sydney**

Mecure Sydney is located in the heart of Sydney's entertainment district and next to Central Railway. The hotel is within easy reach of the Entertainment Centre, Capitol Theatre, Powerhouse Museum, Darling Harbour and China Town. Hotel Facilities also include swimming pool, Sauna, Gym, Car rental desk, and a convenience store in the lobby.

# ACCOMMODA



## RYDGES NORTH SYDNEY

### **54 McLaren Street, North Sydney**

Rydges hotel in North Sydney recently completed a \$2 Million refurbishment of all Queen/Twin rooms. The upgrade includes new carpet & curtains, new wardrobe, TV cabinet and mini-bar, new bed-head and soft furnishings & a freshly painted room. Existing features to stay in the room include flat screen televisions, Rydges 'Dream Beds' with luxury Egyptian cotton sheeting, throws and cushions & a glass desk with Italian leather ergonomic chair.



## RYDGES FORTITUDE VALLEY

**601 Gregory Terrace, Bowen Hills QLD 4006**

History comes alive with stay at Rydges Fortitude Valley, our Brisbane hotel. You're placed in the lively heart and stunning heritage of the world-class Royal International Convention Centre and Brisbane Showgrounds precinct, with doorstep convenience to the iconic Tivoli Theater and the city's most exciting destination redevelopment, King Street.

Walkable distance of our Fortitude Valley accommodation are the multiple entertainment options of lively local hotspots King Street, Chinatown, Newstand and New Farm, with convenient travel options for many other iconic destinations like Queen Street, the Story Bridge, Suncorp Stadium and The Gabba.

Fast, easy access from Brisbane's Airport and CBD, plus good public transport connections to the Fortitude Valley train station and Bowen Bridge Busway, provide unparalleled convenience and connectivity.

You'll find appointments easy to keep at the nearby institutions of Royal Brisbane and Women's Hospital and Kelvin Grove's QUT university campus.

# PAY it forward

## ARE YOU LOOKING TO SHARE ACCOMMODATION?

Come join our exclusive Facebook group!

Share the cost and share the experience! Connect with fellow coaches from all over the globe to find shared accommodation with like-minded individuals or even a spare bedroom from members paying it forward! We've made it extra easy for you to coordinate your time at the training by providing a Facebook forum especially for this.

On Facebook, search for the group:

TCI PAY IT FORWARD OR B&B SPARE ROOM  
<https://www.facebook.com/groups/395748313795686/>

And simply request to join by clicking on the 'Join Group' button!

## ARE YOU LOOKING TO PAY IT FORWARD?

Come, connect, and pay it forward!

We all know what it's like to be a stranger in a new city. A friendly face can make everything so much easier! Do you have a spare bedroom to offer fellow coaches? Do you love an opportunity to pay it forward to the community? Come share on our exclusive Facebook group and make someone's experience of your city the best they've ever had!

**BOOKING IN FOR AN EVENT? SIMPLY EMAIL**  
BookMyEvent@thecoachinginstitute.com.au

## NOTES:



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Web: [www.thecoachinginstitute.com.au](http://www.thecoachinginstitute.com.au)

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THE COACHING  
INSTITUTE

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