

ILM Endorsed Catalyst Coaching Accreditation



12
months
Course

'Coaching is Fundamentally About Change - Positive Change'

The Coaching Process The Coaching process enables you to assist others to evaluate where they are now and gain clarity on what they would like to achieve in the future. The Coach remains entirely non-judgemental, with no agenda of their own, other than to facilitate the change that the client has identified. The essential features of Coaching are that it is goal specific, action orientated and a personally tailored approach to self development.

Who will Benefit? Learning mentors, trainers, and advisors wanting to refresh and improve the coaching skills they use with individuals and in-group situations.

Course Content

Module One – Core Coaching Skills

- Communication and Rapport building
- Coaching Tools and Techniques
- Practice Coaching Sessions with Feedback
- Coaching Models
- Goal Setting and Motivation
- Practical Exercises to use with Clients

Module Two – Your Coaching Journey

- On-going Support
- Personal Mentor Coach
- Practice Client
- Coaching Clinics
- Assessment of Course Work
- Network Events
- Your Selected Modules

Module Three – Managing Your Practice

- The Essentials of a Coaching Practice
- Supervision in Coaching – Continual Professional Development
- Contracting in Private Practice
- Coaching Ethics

Additional Modules:

- Corporate & Team Coaching
- Confidence & Self Esteem
- Work & Career Choices
- NLP for Coaches

Course Features On your initial 6 days of Instructor led delivery you will start your journey towards a future in coaching. You will then get further assistance with on-going support and resources, a personal mentor coach, Coaching Clinics, Tutorials, and Business and Learning Sets.