

Programme content

Here is more detail on the content being covered in the programme:

- **Coaching conversations**
 - What do we mean by 'coaching'? What do we mean by 'mentoring'?
 - 'Agile Coaching' as a way of thinking about your role and being useful.
 - Interest in the outcome - the role of power in coaching.
 - Fundamental skills of coaching and mentoring
 - 'Why Am I Talking'? Different skills and interventions in selecting approaches.
- **Contracting - getting off to a good start**
 - Things to look for and to avoid.
 - The 'Drama Triangle' - and staying off it!
 - The role of confidentiality
 - Executive v Performance Coaching
- **Using Solutions Focused Coaching as an approach**
 - Language and its role in coaching.
 - Creating a solutions focused conversation.
 - A strength and resource-based approach - the resourceful client.
 - Looking for what works - becoming a solution detective.
 - Following the client's agenda.
 - Scales and HOPES - tools for effective coaching
 - The Gallery Model - an innovative and creative way to work with your clients.
- **Extended Practice Sessions and Reviews**
- **Question and trouble-shooting sessions**
 - Working with highly experienced practitioners as learners develop their skills.
- **Putting it into practice**
 - Taking learning back and into further coach training and professional development.

Accreditation

- The programme is certificated through the ILM Recognised scheme. This means that the programme is quality assured by ILM, the UK's leading awarding and accrediting body for coaching and mentoring. On successful completion, you will receive a certificate and digital credentials, which you can post to your LinkedIn or other media platform. This will provide details of your achievement, to be read by potential clients and coachees.

Progress

- The Introduction to Coaching programme is an excellent introduction to the Academy's Professional Coach Development Programme. This is a blended programme delivered through highly innovative and participative methods, using a unique game-based approach that combines innovative lively workshops, innovative online learning, group and personal supervision and assessment linked directly to the programme. For more details, please contact us at info@academylm.co.uk

Programme costs

The programmes costs are as follows:

Introduction to Coaching

£495 (£412.50+VAT)

Can be paid in 2 instalment

Want more information? Please contact info@academylm.co.uk

Introduction to Coaching

Programme Outline

The Academy of Coaching and Mentoring is committed to supporting everyone in developing their coaching and mentoring skills. With over 30 years' experience in coaching and developing coaches, we are pleased to announce our new on-line blended learning programme.

Designed as an introduction to coaching and mentoring skills, our Introduction to Coaching Programme can also act as a gateway to further accredited coaching training as the programme is recognised by ILM.

The programme is more than a simple introduction. It will provide learners with a solid grounding in the skills and approaches of effective coaching and mentoring and prepare them for both practice and further personal and professional development.

Aim of the programme

By the end of the programme, learners will have developed the skills and approaches required for effective coaching, mentoring and other purposeful conversations

Programme objectives

By the end of the programme, learners should be able to:

- Apply the skills of coaching and mentoring in a range of situations
- Appreciate the differences between performance and executive coaching and mentoring and adopt an Agile Coaching stance
- Create and maintain effective coaching relationships
- Adopt a solutions-focused, (SF), stance in coaching conversations
- Practice the skills of coaching and mentoring
- Get started in their personal practice

Programme design

In six modules, you will cover:

- Coaching as a type of purposeful conversation
- Coaching - getting off to a good start
- Solutions Focused as an approach
- Extended practice sessions
- Questions and trouble-shooting with highly experienced practitioners
- Putting coaching into practice

CoachingCraft

As part of the programme, you will become a Studying Member of CoachingCraft. This is an active coaching Community of Practice featuring CPD workshops, supervision and networking opportunities including business development.

Your Learning Journey

The programme is delivered through six 2.5 hour sessions, designed to suit all styles and to keep the programme engaging and motivating. You will also be supported by the Academy's programme team.