

ILM Level 5 Certificate in coaching and mentoring

Overview

A practical and in-depth qualification for managers and professionals interested in developing a coaching culture within your organisation, becoming a coach, or with responsibility for coaching and mentoring as part of your day-to-day role.

The practical programme includes four workshop days, coaching supervision, and continuing professional development support. The directed learning is staggered over three months to allow time to complete assignment 1 before progressing to additional learning and practical coaching experience. You will also receive a coaching handbook core text and a master file of reading materials, resources, tools and reading lists. This enables deepened learning and reflection linked to guided learning, everything you need to coach effectively. An essential element of coaching at this level requires knowledge of self, and experience of practical coaching and being coached.

Programme objectives

- To explore how coaching and mentoring benefits individuals, teams and organisations
- To provide best practice, contracting and records to enable participants to formally coach
- To share the process, tools and techniques required for effective coaching
- To develop the knowledge, skills and confidence to perform effectively as a coach

To find out more or book a place email
robert@peoplepurposeplanning.co.uk

2019 dates

2019 workshop days
Module 1: 1-2 July,
Module 2: 9-10
September

Group supervision
sessions
6 December 2019
and 12 March 2020

Assignment 1 by
6 September
Assignment 2 and 3
by 30 June 2020

Venue

MEA House,
Newcastle

Cost

Voluntary and
community sector
£995

Programme leader

Cath Brown

Module 1: Context and principles

- Coaching and mentoring in context
- Contracting and records
- Coaching process, models and goal setting
- Coaching characteristics assessment
- Values and beliefs
- Practical application

Module 2: Tools and techniques

- Planning to undertake coaching
- Coaching tools and techniques including career coaching, coaching through change and resilience, and strengths-based coaching
- Managing yourself
- Practical application
- Reflective practice and supervision

Group supervision and CPD

- Two group supervision sessions
- One-to-one supervision session
- Telephone and email tutorial and assessment support

Assessment requirements

To qualify, you will need to complete 12 hours of formal contracted coaching activity with two or more clients and complete three 3,000-4,000 word assignments as follows

1. Knowledge of coaching in context of an organisation
2. Experience of 12 hours of formal contracted coaching
3. Reflections on the effectiveness of coaching in practice

Time expectations

From our experience, it takes 5-8 hours a month over 12 months to complete the three assignments, reflective logs on personal practice, 12 hours of coaching activity and take part in group and individual supervision, plus the four workshop days.

This programme has grown out of North East Together: Leaders' network for social change

Organised by



Created and run by



Cath Brown Consultancy
Management Consulting and Coaching

In collaboration with



Programme lead

Cath Brown is an executive coach, supervisor, trainer, facilitator and OD/HR consultant working with organisations and individuals across all sectors using a range of interventions including coaching, action learning, supervision and accredited ILM qualifications up to Level 7.

Cath's work is informed by the belief that the client is resourceful and she focuses on having deep and challenging conversations around the true potential of an individual. Questions are focussed on helping clients to take the time to identify strengths, build resilience and identify any areas of interference to their performance or potential.

Yes We Can

Yes We Can develops leaders of social change in the north east. We work with social leaders to be better leaders, managers, trustees, coaches, networkers, collaborators, facilitators and mentors. We offer training programmes, workshops, coaching, mentoring, facilitation and other initiatives.

Yes We Can is a collaboration between Robert Laycock, Stephanie Cole and Cath Brown.

www.yeswecan.community