

## **MyThrive two day certified coaching skills programme Level 5 programme with the ILM**

The aim of this programme is to develop a basic level of competence and confidence so that managers and coaches can incorporate an inquiry led conversation into their daily and weekly working practice whilst also knowing how to impart knowledge and expertise in a way that makes the learning immediately applicable to the person. This helps people feel immediately equipped to do their jobs with more flair and confidence.

"This type of support made me better at my job right away"

### **Pre work**

- Experience of 4 hours of one to one coaching and a piece of reflective writing whereby the delegate can review the approach, the impact and the learning from the process
- Reading of the core text Co Active Coaching
- Assignment one
- To come with a challenge or an idea that they would like to be coached on

### **Part one – 9 – 5.30**

- What is coaching
- Benefits of coaching – research on organisational and personal paybacks
- Distinctions between coaching, mentoring and counselling and when to use each one
- Inner Game principles
- Creating a coaching climate
- Contracting
- Defining boundaries, setting the context and agreeing the scope
- Introduction to TGROW

- Leader follower questions
- T model
- The 30 minute method
- Making suggestions
- Review

### **Mid module work**

- To undertake 6 hours of coaching practice with 2-3 clients to apply the coaching learning into practice and to get written feedback from the clients on the benefits and approach.
- To review the coaching and complete assignment two

### **Part two 9- 5.30**

- Review of the coaching practice done so far
- Traps, insights, hints and tips
- Insights on own style and approach
- Level three listening
- Acknowledging
- Interjecting
- Play back
- Summarising
- Precision model
- Structure of a problem
- Giving feedback
- Sharing of a business tool or method
- Assessment and review

### **Post module work**

- To undertake 6 hours of coaching practice with 2-3 clients to apply the coaching learning into practice and to get written feedback from the clients on the benefits and approach.



- To reflect and critically review your own coaching practice
- To complete assignment three

**Tutors**

Pam Bateson and Frances Cairney

**Investment**

£850 plus VAT for accredited route

£475 plus VAT for non accredited route or we can price to run it as an inhouse programme

**Dates of courses**

Please contact [pam@thrivepartners.co.uk](mailto:pam@thrivepartners.co.uk) or call 01403 243430 for dates of our events

**Location of training**

Horsham and London or in house