

Institute of Leadership & Management Qualifications



ILM Level 3 Award in Coaching

The Level 3 Award in coaching is designed for people in their first management roles, such as team leaders and first-line managers. It is ideal for individuals seeking to develop the skills, knowledge and confidence to coach individuals as part of their normal working role.

Individuals will be able to

- Learn about coaching as a powerful development tool
- Understand the role and responsibilities of good coaches
- Explore different coaching models and techniques
- Put their skills into practice in their role by offering coaching sessions
- Analyse, assess and plan to improve their coaching ability.

Benefits for employers include being able to implement coaching at the first line level and to ensure managers are equipped with coaching skills and abilities, developing an effective culture of coaching as a positive way to improve performance in individuals and teams.

Qualification Structure

- Three practical and experiential workshops (full days)
- Two Group Supervision & CPD Sessions (half day)
- All the reading material, resources and tools you need to coach effectively

2018/19 dates & costs

Module 1: 16th & 17th September 2019, 9.30 – 16.30
Module 2: 4th November 2019, 9.30 – 16.30
Group Supervision: 8th January 2020, 9.30 – 12.30
Group Supervision: 15th April 2020, 9.30 – 12.30
Venue: West Hartford Fire Station, Cramlington, NE23 3JP

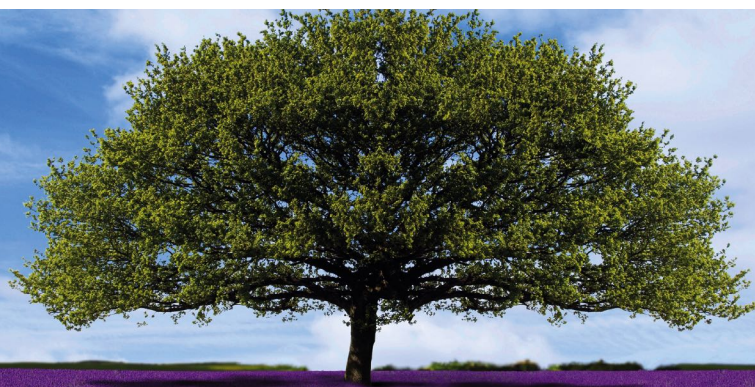
Cost: £895 per person

Assessment requirements

Assessment requirements of three assignments (3000-4000 words each) and 6 hours of formal contracted coaching activity with two or more clients.

- Assignment 1 – Understanding good practice in coaching
- Assignment 2 – Experience of 6 hours of practical coaching
- Assignment 3 – Reflections on the effectiveness of coaching in practice

For more information or to book a place on one of our programmes, please visit our website www.cathbrownconsultancy.com or contact Cath Brown on 07984 492139 or by email at Info@cathbrownconsultancy.com



Programme Overview	Content
Module 1 CONTEXT AND PRINCIPLES Understanding good practice coaching	<ul style="list-style-type: none">• Coaching & mentoring in context• Contracting and records• Coaching process, models & goal setting• Practical application of coaching
Module 2 PREPARING AND PRACTICING Undertaking coaching	<ul style="list-style-type: none">• Planning to undertake coaching• Coaching tools / techniques• Practical application of coaching• Reflective practice and supervision
Group Supervision and CPD REFLECTING Reviewing own ability as a coach	<ul style="list-style-type: none">• 2 Group supervision sessions• 121 telephone and email assessment & tutorial support

Expectations

In order to complete the assignments and undertake the practical contracted coaching required for the qualification you are likely to need to set aside an estimated investment of 2 hours per month (in addition to the guided learning). This time will allow for completion of the three assignments as well as the practical 6 hours of coaching activity.

Qualification

Successful completion of this assessment will entitle participants to be awarded an internationally recognised qualification from the Institute of Leadership and Management.

Resources

You will receive a wide variety of supporting resources including a master file of the coaching material (including all the paperwork and tools and techniques you will require to be a successful coach). You will also receive a range of information electronically as additional guided learning to support assignments (as well as additional reading list provided). This enables deepened learning and reflection linking to guided learning.

Reflections

All sessions will be accompanied by a Reflective Log, which can be completed by participants reflecting on learning and application to personal practice and the workplace, and also submitted as part of the assessment portfolio.