

ILM Level 5 Certificate in Coaching and Mentoring

This practical and in-depth course offers an ideal qualification for managers and professionals with a growing interest in developing a coaching culture, becoming a coach or currently enjoying significant responsibility for coaching and mentoring as part of their day-to-day role. The objectives of the qualification offer participants the opportunity to:

- 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 understand and practice the process, tools and techniques required for effective coaching
- To develop the knowledge, skills and confidence to perform effectively as a coach

Qualification Structure

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

2018/19 dates & costs

Module 1: 2nd and 3rd April 2019

Module 2: 11th and 12th June 2019

Group Supervision: 9th September 2019

Group Supervision: 9th December 2019

Venue: West Hartford Fire Station, Cramlington, NE23 3JP

Cost: £1395 per person

Assessment requirements

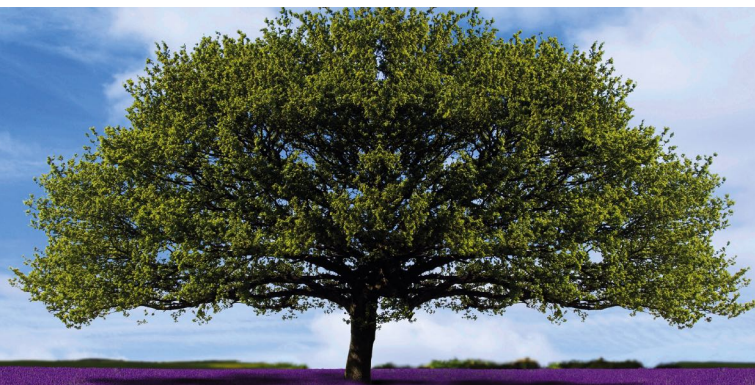
Assessment requirements of three assignments (3000-4000 words each) and 12 hours of formal contracted coaching activity with two or more clients.

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

Directed learning

The directed learning is staggered over three months. This allows time for completion of Assignment 1, then progression to additional learning and practical coaching experience. An essential element of coaching at this level requires knowledge of self, and experience of practical coaching and being coached.

- Assignment 1 deadline: 7th June 2019
- Assignment 2 and 3 deadline: 28th February 2020



Programme Overview	Content
Module 1 CONTEXT AND PRINCIPLES Understanding the skills, principles and practice of effective coaching & mentoring	<ul style="list-style-type: none">• Coaching & mentoring in context• Contracting and records• Coaching process, models & goal setting• Coaching characteristics assessment• Values and beliefs• Practical application of coaching
Module 2 PREPARING AND PRACTICING Undertaking coaching and mentoring	<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 or mentor	<ul style="list-style-type: none">• 2 Group supervision sessions• 121 telephone and email assessment & tutorial support• 121 Supervision session

Expectations

In order to complete the assignments and undertake the practical contracted coaching with clients required for the qualification you are likely to need to set aside an estimated investment of 5-8 hours per month (in addition to the guided learning). This time will allow for completion of the three assignments as well as the practical 12 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 Coaching Handbook core textbook, 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.