



## ILM Level 5 Certificate in Coaching and Mentoring

### Length:

37 Guided Learning Hours (6.5 days)



### Programme Aims:

To get a critical understanding of the role and responsibilities of the workplace coach and mentor and to deepen your understanding of how coaching and mentoring can impact an organisation.

To be able to assess your own skills, behaviours and knowledge as a coach and mentor and provide evidence of your own development as a coach and mentor through the qualification.

Plan your further development and plan, deliver and review coaching and mentoring in your organisation.

### Content:

- Critique of coaching and mentoring models
- Review and further development of the key coaching and mentoring skills of listening, building rapport and questioning
- Exploring and overcoming potential, personal and organisational barriers to coaching and mentoring
- Negotiating and contracting within coaching and mentoring
- The business case for coaching and mentoring
- Personality and coaching and mentoring
- Tools and techniques that support effective coaching and mentoring
- 12 hours of supervised coaching practise

### Assessment:

This programme requires formal assessment including a coaching diary and 2 written assignments.

The ILM Level 5 Certificate in Coaching and Mentoring requires you to undertake 12 hours of supervised coaching practice with evidence provided through a written coaching diary. Two additional written pieces of work bring further robustness to the programme. One is to underpin a thorough understanding of the skills and principles of effective coaching and the second enables an ability to review and reflect on your own practice as part of the qualification.

### Programme Costs:

The price for the 6 and half day development programme is £1400 + VAT. To complete the ILM Level 5 Certificate in Coaching and Mentoring as part of the programme there is an additional charge of £900.00 + VAT. This will include ILM registration and certification, coaching supervision, tutorial support and access to online resources.

### Contact:

For more information / registration pack please contact the programme director Andy Howie

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