



# ILM Level 5 Certificate in Coaching and Mentoring



## Overview & who should attend:

A prestigious qualification for individuals who wish to become more effective at coaching and mentoring practice. Suitable for line managers who are required to enable and develop others; those with coaching or mentoring within the wider scope of their role; and those who have an active interest in coaching or mentoring and may wish to undertake freelance work. *Participants must have access to at least one coachee during the course to undertake at least six hours of coaching outside of the course days\**

## Aim

- To equip participants with the knowledge, understanding and practical skills to become an effective coach and mentor.
- To provide confidence and competence in a wide range of coaching/mentoring situations from planning and contracting the coachee/mentee through to conclusion and evaluation of the process.

## Content

- **Day 1** – Definition and types of coaching; coaching/mentoring styles; the ideal coach and / or mentor
- **Day 2** – Contracting; legal and ethical considerations; identifying start points and diagnostics. Using coaching frameworks.
- **Day 3** – Preparing to coach; goal setting and options for coaching; telephone, skype; group. Practical Application.
- **Day 4** – Coaching in practice; managing relationships; listening; questioning, summarising; feedback techniques & styles. Practical exercises.
- **Day 5** – Coach development 1 – practical coaching skills with feedback and action learning. Barriers to coaching and how to overcome them.
- **Day 6** – Coach development 2; Case study scenarios and simulations. Action planning for improvement & tutorial/one to one.
- **Day 7** – Bringing it all together; Reflection on the journey so far. Coaching supervisions (including best practice for future CPD), and CPD planning.

## Assessment

1 x written assignment; 1 x coaching diary\*; 1 x reflective review on ability to coach and CPD. \*12 hours coaching minimum required, six will be available to claim during the course days.



Per Delegate cost:  
**£1,595 + VAT**

**HELD AT  
CHALLENGE TRAINING &  
CONFERENCE CENTRE**

Duration:  
**7 Days over 5 months**

1<sup>st</sup> Oct 2019      15<sup>th</sup> Oct 2019  
12<sup>th</sup> Nov 2019    11<sup>th</sup> Dec 2019  
14<sup>th</sup> Jan 2020    14<sup>th</sup> Feb 2020  
3<sup>rd</sup> March 2020



For further information or to  
reserve a place on this course  
contacts us:

Challenge Training and  
Consultancy Limited  
Training & Conference Centre  
Nottingham Road  
Woodborough  
Nottingham NG14 6EH  
Tel: 0115 955 1995  
Fax: 0115 926 4891

[admin@challengeconsulting.co.uk](mailto:admin@challengeconsulting.co.uk)  
[www.challengeconsulting.co.uk](http://www.challengeconsulting.co.uk)