



80% of organisations are now using coaching to improve performance*

The **ILM Level 5 Diploma in Coaching** is designed for those who have a wider responsibility for developing their team members, including more junior managers. The focus is on using coaching as an improvement tool to help managers improve the performance of their staff to very high standards.

The programme is accredited by the Institute for Leadership and Management – a premier awarding body with almost 100 years' combined experience in the field of leadership and management in the UK and internationally.



* Source: Chartered Institute of Personnel & Development survey in 2004

...start something !

Aims & Objectives

This programme has 2 explicit objectives:-

1. to enable managers to understand how coaching & mentoring can improve performance
2. to develop managers' skills to perform as coaches and mentors

In addition, successful delegates will be entitled to become Associate Members of the ILM (AMInstLM). It is possible to then progress to Level 7 Diploma in Executive Coaching or an ILM Management qualification.

What will you cover?

Specifically, this programme will help managers to:-

- understand good coaching practice and the skills and behaviours of a good coach
- build relationships and commitment
- understand organisational implications of coaching & mentoring
- set motivating & challenging development goals
- learn how to prepare for coaching sessions
- develop their interpersonal skills for coaching including questioning, listening and giving feedback

Structure

Starting in Sept '06 and running for 8 months the programme includes 50 guided learning hours plus 12 hours of practical coaching in the school as follows:-

- A 1 hour induction session
- 14 x 3 hour workshop sessions
- 5 one-hour 1:1 coaching session with the course coach
- A minimum of 2 hours tutorial support
- 12 hours of practical coaching in your school
- 10 hours of self-study

The cohort size will be 6-12 people to optimise your involvement.

How is my learning assessed?

The certificate is a formally assessed programme in line with the requirements of the ILM. Participants will be expected to complete 2 assignments:-

- A Work Based Assignment. This will be a written assignment that should take about 2-3 hours to complete and be about 750-1000 words.
- A Coaching Diary recording personal development, details of the 12 hour coaching practice and your reflections on this.

Fun Guarantee

We are passionate about experiential learning and making learning fun – whatever else happens this programme will make you laugh out loud!

Who Are We ?

if-development – We are ex-business leaders with expertise in the field of leadership in both education and private sectors. We specialise in coaching and helping others to coach. We are accredited by the ILM and are members of the European Coaching & Mentoring Council.

Money-back Guarantee

If you are not happy at the end of this course, we will give you your money back!

To Contact Us: email us at coach@ideafreaks.co.uk or call us on 01873 890511

For more information on this and other ways in which we can help you please check out our website: www.ideafreaks.co.uk