

# Level 5 Certificate in Effective Coaching and Mentoring



**This qualification is designed for managers and those with significant responsibility for effective coaching and mentoring as part of their daily role within an organisational context. It is also ideal for individuals who wish to move into a development role or start a career as a freelance coach or mentor.**

In addition to covering core coaching principles and frameworks, the programme incorporates tools and techniques for coaching in a range of contexts including work/life balance; managing change and developing self-awareness and emotional intelligence. The programme also incorporates coaching psychology, creative approaches to coaching and current thinking on presence, energy and developing reflective inquiry. This eclectic blend ensures that the programme is both challenging and holistic. The programme is delivered utilising a blended learning approach of face-to-face workshops, some self-paced learning and phone/video individual and group tutorials.

## Overview of the Qualification

There are three mandatory units to this qualification.

- The first unit, 'Understanding the skills, principles and practice of effective coaching and mentoring within an organisational context' aims to enable learners understand the role and contribution of coaching or mentoring, and build a business case.
- The second unit requires learners to demonstrate their ability to plan, deliver and review at least 18 hours of coaching or mentoring within an organisational context.
- The third unit, 'Reviewing own ability as a coach or mentor within an organisational context' aims to give learners the ability to critically review their own personal qualities, skills and competence.

Face-to-face sessions	
Day 1	Thursday 23rd January 2020
Day 2	Tuesday 3rd March 2020
Day 3	Thursday 2nd April 2020
Day 4	Friday 15th May 2020
Day 5	Wednesday 17th June 2020
Day 6	Thursday 9th July 2020

The programme consists of six full day face-to-face training modules and some telephone/video sessions and is spread over six months so that learning is incremental. Also included in the certificate is access to a wide range of materials on Iridium's learning platform, comprehensive programme notes and relevant articles and learning materials, and a copy of 'Coaching with Impact'.

## Costs and registration

The cost for the Level 5 Certificate in Effective Coaching and Mentoring, including coaching and final assessment, is **£1,995**.

For more information and to secure your place, please visit [www.leadershipeast.org](http://www.leadershipeast.org).