

ADVANCED DIPLOMA IN PERSONAL LEADERSHIP AND EXECUTIVE COACHING (LEVEL 6 CERTIFICATION)



Aimed at: Leaders, Managers and Supervisors who understand the importance of using coaching to increase performance.

Trainers: Kingstown College, are leaders in coaching courses and the first training school in Ireland to receive the prestigious **Quality Assurance Award** from the **European Mentoring and Coaching Council**.

Programme Overview:

Coaching has become a valuable skill as it significantly benefits the workforce of an organisation, improves its employee's value and helps achieve company goals. Food Drink Ireland are working with Kingstown College to provide a 6 programme which consists of 6 modules and 2 mastery assessments on the best practices of coaching. Participants will be awarded an **Advanced Diploma in Personal, Leadership and Executive Coaching** which is internationally accredited.

The program is a combination of distance-learning and face-to-face workshops in order to provide an overall blended learning approach. This programme will enhance trainee's professional competence and self-confidence to allow them to demonstrate these skills in the context of their own career as well as employee's.

Learning Objectives:

- To gain a comprehensive understanding of the link on how coaching can improve an employee's performance in the workplace.
- Explore the essentials of coaching including the psychology, the cores skills and the importance of structured coaching sessions.
- Discover the science of coaching techniques, the power of coaching clarifiers and understand the importance of coaching interventions.
- Learn best practices of coaching by examining coaching models, techniques and experimental learning.
- Examine the systems and strategies of coaching; focusing on the ability to self-analyse, developing career plans and how to introduce coaching into a workplace.
- To develop an appreciation of managing a coaching session, contracting and exploring the various styles of conflict management.

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| | <p>Programme Induction</p> <ul style="list-style-type: none"> ➤ Online Webinar-1-hour overview of Course |
| Module 1 | <p>The Essential Spirit of Coaching</p> <ul style="list-style-type: none"> ➤ The Psychology of a Professional Coach, Core Skills of Coaching, Coaching Competencies, Structured Sessions. |
| Module 2 | <p>The Art and Science of Coaching</p> <ul style="list-style-type: none"> ➤ Coaching Interventions, Coaching Techniques, Fulfilment and Values, Powerful Coaching Clarifiers. |
| Module 3 | <p>Coaching Competencies</p> <ul style="list-style-type: none"> ➤ Neuro-Linguistic Programming (NLP), Positive Psychology Coaching, VIA Character Strengths. |
| Module 4 | <p>Organisational Focus</p> <ul style="list-style-type: none"> ➤ Comprehensive Executive Coaching Toolkit, Emotional Intelligence and Authentic Leadership, The Coach's Inventory, The Development Contract. |
| Module 5 | <p>Cognitive Behavioural Perspective</p> <ul style="list-style-type: none"> ➤ The ACE FIRST Model for Positive Change, Conflict Coaching, Understanding Management Styles. |
| Module 6 | <p>Systems and Strategies</p> <ul style="list-style-type: none"> ➤ Self-Analysis, Career Planning, Introduction to Team Coaching, Introduction to Coaching Supervision. |
| Assessment | <p>Coaching Mastery & Student Observation (ongoing)</p> |

Assessment: There are two assignment submissions, one after Module 3 and at the end of the course. Each submission will consist of a 300-word book review, 300-word article review and 8 logs of coaching sessions with other learners. Also, at the end of the course a 3000-word reflective essay is submitted.

Price: Member rate- €1750 (non member rate-€3500)

To book your place, or for more information, contact Mark Skinner, on (01) 6051615 or mark.skinner@ibec.ie