

# Coaching Development●●●

## Advanced Coaching Skills



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# Advanced Coaching Skills

## Who is this programme for?

If you have completed a sound, foundational training in coaching consisting of 60+ hours, have developed a strong coaching practice and if you want to continue your training to reach a more professional level, this training is for you.

- It is ideal for coaches who have an initial qualification (eg. An ACC from the ICF), who are committed to being a professional coach, and who now want to continue learning at depth and prepare themselves for a professional assessment (eg. PCC).
- It is also useful for people who have sufficient hours of training to apply for their PCC, but who want to refresh their coaching or upskill themselves and deepen their learning.
- This training is for those who are committed to becoming professional coaches. It is rigorous and thorough, but is also beneficially challenging, personally fulfilling and professionally rewarding.

## Overview:

This intensive programme consists of 7 days' online training (9 am - 6 pm) over a 3/4 month period, coaching practice in-between the webinar days, reflection and journaling and considerable self-study. There is an initial assessment and then 5 more formal observations with feedback. Maximum number of participants: 12.

## Content includes:

- Initial skills assessment (you send a recording and a skills review, we give feedback)
- The (new) Core Competencies, released in November 2019
- The PCC markers (how the Competencies show up at PCC level), to be released mid-2020
- 6 observed sessions, with developmental feedback at PCC level
- Daily practice sessions with peer feedback
- Input and practice of advanced models and methods from Coaching Psychology

## Process:

- Intake conversation, application, initial assessment, 2-hour pre-training webinar
- 7 days, 9am – 6pm London time, with short breaks. Webinar-based, using Zoom

## Advantages:

- 62.5 Accredited Coach-Specific Training Hours (ACSTH) – approval pending, see below
- Expert, accredited trainers experienced in webinar-based learning
- Small and dedicated learning group

- Learning by doing and reflection, and theoretical input
- Focus on self-awareness and professional growth
- Access to further online resources

### **Potential challenges:**

- 100% attendance required at all webinars
- 3+ further hours a week for coaching peers and for self-study
- A commitment to distance learning

### **Accreditation:**

This is the first time that the course will have run in this form. On completion we will apply to the ICF for ACSTH status; The ICF website reads: 'ICF will grandfather the program's first graduating class into the program's accreditation.'

### **Next step:**

If you're interested in this programme, the first step is to contact us so that we can both be sure that this programme will meet your need, and so that Coaching Development can be sure that its philosophy of coaching and approach to coach training is right for you. This is a mutual interview.

If we both decide that we are compatible, you then submit a 30 – 50 minute recording of you coaching, with a transcript and a review of your use of the competencies using the 2019 updated version. We send this to a mentor coach, and they contact you with written and verbal feedback, and with their recommendations.

### **Dates:**

6<sup>th</sup>, 7<sup>th</sup> and 30<sup>th</sup> October; 16<sup>th</sup> November; 8<sup>th</sup> December; 9<sup>th</sup> and 30<sup>th</sup> January, 2021.

### **Some small print:**

- After you submit the recording for the initial skills assessment, we might recommend that you do not join this particular programme. In this case, you can count the feedback session as a mentor coaching session.
- This programme contains a number of formal observations. As they are part of the training programme, you cannot count them separately as mentor coaching hours.