

Online ILM Level 5 Effective Coaching and Mentoring Programme

Programme Overview

The ILM Level 5 Effective Coaching and Mentoring Programme will be informative and challenging, giving you the space to consider your responsibilities as a coach or mentor and to learn and practice a variety of techniques to effectively fulfil those responsibilities. It will also give you all you need to successfully complete ILMs Level 5 Certificate in Effective Coaching and Mentoring in the Workplace qualification.





Programme Structure

Aspire’s programme is made up of several elements to provide a comprehensive yet flexible approach to build your coaching capability and confidence. The programme includes:

- Personal online learning modules to build knowledge and understanding of best practice
- Practical group workshops (hosted virtually) to develop skills and discuss coaching situations and challenges
- Supportive practice groups to try out coaching and mentoring techniques
- Supervision and tutorial support via phone or video throughout your coaching practice and ILM assignments
- Ongoing access to resources to support CPD and ILM assignments.

Programme Content

The ILM Level 5 Effective Coaching and Mentoring Programme covers:

Programme Name	Programme Content
 Introduction	<ul style="list-style-type: none"> • The organisational context - Considering when coaching and mentoring can benefit individuals, teams, organisations and results. • Establishing a Relationship - Exploring what matters in a client and stakeholder relationship.
 Coaching and Mentoring for Performance 	<ul style="list-style-type: none"> • Key Skills & Competencies - Learning and practicing what it takes to be a great coach or mentor. • Models & Frameworks - Considering how to structure and manage conversations. • Coaching & Mentoring Toolkit - Experimenting with different tools to bring sessions to life.
 Advanced Coaching for Personal Transformation	<ul style="list-style-type: none"> • Emotional Intelligence - Understanding why people behave as they do and identifying areas for change. • Developing the Relationship - Exploring the boundaries, focusing on trust and ethics. • Dealing with Conflict & Emotion - Exploring the boundaries, focusing on trust and ethics. • Supervision - Introducing tools for self - coaching and considering coaching supervision.

Interested? [Get in touch now.](#)

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The ILM Qualification

Aspire Development is an accredited centre for the Institute of Leadership and Management. In practice, this means you have the reassurance that the quality of both our materials and our team meet their academic requirements.

The ILM Certificate will be awarded when you have attended the Coaching Programme and completed and passed the following assessments:

- 1. Understanding the skills, principles and practice of effective management coaching & mentoring within an organisational context** - A written assignment of approximately 4000-5000 words, presenting the context for coaching or mentoring, and examining the skills, principles and practice of effective management coaching and mentoring.
- 2. Undertaking management coaching or mentoring within an organisational context** - Completing at least 18 hours coaching and/or mentoring, maintaining planning and reflective notes and records. Submitting a portfolio of documents used in your coaching practice, including feedback from your supervisor.
- 3. Reviewing own ability as a management coach or mentor within an organisational context** - Self-assessment and evidenced analysis of your ability as a coach or mentor, summarised in a reflective assignment.



Individual support and supervision



Group virtual workshops



Powered by Aspire's Digital Learning Hub

Digital Learning Hub

You will be able to access resources, tools and templates to use in your coaching and mentoring sessions. This includes Aspire's helpful coach's toolkit.

DATES

Programme starts from 01/11/2020

LOCATION

All workshops will be held in the comfort of your own home/office

COST

The programme costs £1797 plus VAT.

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