

# Introduction to coaching

## Who is the course for?

- Aspiring coaches
- Managers with coaching within their role

## Course objectives

- To explore the nature of coaching
- To understand the difference between coaching mentoring and training
- To explore and compare different models of coaching
- To enable coaches to respond better to the needs of their clients

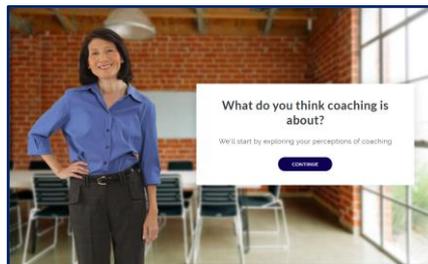
## Features

- Based on over thirty years' experience in leadership and management education
- Based on over twenty years' experience in online and blended education
- Can be implemented as a blended solution with an in-house coach, and could lead to an ILM accredited qualification
- Cloud based software as service delivery to wide range of platforms

## Who are we?

AGLC have been trading for 10 years. We supply learning solutions to a wide range of organisations

This course is designed as an introduction to coaching. The learning outcomes correspond to ILM Level 3 Unit 300 Understanding Good Practice in Coaching within an Organisational Context.



## Content

### 1. Effective Coaching

- The purpose of effective coaching
- The role and responsibilities of an effective coach
- The skills, knowledge and behaviours required of an effective coach

### 2. Contracting in Coaching

- Initiating a productive working relationship with an individual
- The rationale for and process of contracting in coaching
- Safe legal and ethical practice in coaching

### 3. Effective coaching within your own workplace

- Managing a coaching process using a recognised model
- Coaching tools or techniques that can be used to identify preferences and agree goals
- Methods for monitoring and reviewing progress towards goals

### 4. Recording, reflection and supervision in coaching

- The purpose of coaching records for coach and client
- The importance of reflective practice and supervision within a coaching context

from local small companies to the UK Dept of BEIS, Universities and the World Bank amongst other global agencies.