



Coach Skills Training – The Accredited Internal Coach Course

Business Driver

According to the CIPD in a recent survey of FTSE 250 HR Directors, 93% of respondents believed having a coaching culture is important or very important to the success of the organisation. 53% of organisations using coaching employ dedicated internal and external coaches for this purpose and the most popular means by which internal coaching is delivered is via the training of line managers to fulfil this role. There is a demand by the business that these internal coaches are trained and accredited to a professional standard that is respected and credible within the industry.

In a Nutshell

121partners' flexible internal coach accreditation course is designed specially to provide key managers and development professionals with a clear understanding of the coaching process and the necessary skills to effectively apply coaching in their workplace. This will produce a clear appreciation of the power of coaching when applied effectively in the business world. They will also gain the insight to explain and encourage the development of a coaching culture.

The key topics covered are:

- Being an advanced coach
- Coaching presence
- Deepening the coaching process
- Beyond coaching models
- Embedding change
- Challenging more deeply
- Coaching for stress management
- Developing leadership
- Coaching & management

The course comprises three modules run over 5-8 workshop days; multimedia distance learning programme including teleconferences, structured reading, online web resources and audio materials; 4 practical case studies; and scheduled coach mentoring from an experienced coach to support the participant through the demanding schedule.

Advantages and Benefits

121's coach accreditation is recognised by the International Coaching Federation (ICF) as a "Diploma in Internal Coaching". At the end of the programme, participants are fully equipped to coach within their organisations.

Our programme leader is Lisa Wynn, Master Certified Coach and ex-ICF UK Board member. Lisa is one of the UK's leading coaches and coach trainers.

This course was short-listed for 'Best Course of the Year' by the Training Journal in 2006.

Testimonials

"This programme has made a big impact on me. I would encourage anyone who truly wants to 'make a difference' to attend"
IT Programme Director

"So far the programme has helped me to think about the different ways I can help people to help themselves rather than trying to move to provide the answers. I have become more self aware of my beliefs and the assumptions that I make when dealing with others"
HR Manager

"This coaching programme will enlighten and enthuse all delegates in a way that they cannot imagine. They will learn how to release the latent potential in themselves, their colleagues and our company as a whole"
Business Manager