ILM COACHING AND MENTORING LEVEL 5 CERTIFICATE

Oxford Centre for Staff and Learning Development

Institute of Leadership and Management
Level 5 accredited programme
WHO IS THE PROGRAMME FOR?

This programme is suitable for anyone who wants to develop coaching skills but it is particularly beneficial if you:

- Manage or supervise staff
- Are in a developmental role in an organisation
- Are starting as a freelance coach

The ILM Coaching and Mentoring Level 5 Certificate is a well-recognised and practical coaching qualification. It is ideal for those who want to be a coaching practitioner.

AM I ELIGIBLE?

We recommend that you are working or volunteering in a role that allows you to practise your coaching and mentoring skills.

Some participants are self-funded and others are sponsored by their employer. We interview all applicants before offering them a place on this programme. Previous participants on this course have come from a wide range of backgrounds including: Consultancy, Human Resources, Charities, Sports Industry, Higher/Further Education providers, the NHS and the Civil Service.

WHY THIS COACHING PROGRAMME?

The value of coaching for organisations, teams and individuals is increasingly recognised. It is a powerful developmental process which enables people to learn and make changes to their behaviour. It can help people to enhance their capability, creativity and performance.
This Institute of Leadership Management (ILM) Coaching and Mentoring Level 5 Certificate programme will provide you with the opportunity to gain fundamental coaching skills. It is a highly practical programme which covers the key theoretical framework and models for coaching as well as essential tools and techniques.

**WHAT DOES THE PROGRAMME COVER?**

The programme covers 3 units:

- Understanding the skills, principles and practice of effective management coaching
- Undertaking management coaching or mentoring in the workplace
- Reviewing own ability as a management coach

**HOW WILL I BE ASSESSED?**

To gain the ILM Coaching and Mentoring Level 5 Certificate, you will need to:

- Attend all the workshops
- Undertake private study and reading
- Complete 12 hours of coaching practice
- Produce two written assignments

You will receive four hours of coaching supervision to support you with your coaching practice and also one-to-one tutorial support with the written assignments.

The programme comprises: 5 full days and 1 half day of workshops, coaching practice and feedback, one-to-one supervision sessions with an experienced coaching supervisor and tutorial support.

We provide you with all the materials plus the programme text ‘The Coaching Manual’ by Julie Starr. Participants can also join our Library for the duration of the programme.

Refreshments are provided.
PROGRAMME LEAD: ALISON CUMPSTY

Alison Cumpsty is a member of Oxford Centre for Staff and Learning Development (OCSLD) and is the Programme Lead. Alison is an experienced coach and coaching supervisor. Recently, she delivered coaching training for a leading HE institute in the UK and an international non-governmental organisation in the Hague.

Alison started her career in local government where she became Head of Training Services for a London Local Authority. She set up and ran her own development consultancy where she worked with a wide range of organisations in both the private and public sector.

Throughout her career, Alison has been interested in helping people to develop their potential and deal with the many challenges of organisational life. Alison is skilled at helping people work through their issues in a practical and sensitive way.

2018 PROGRAMME DATES:
- 13 and 14 February 2019 (2 full days)
- 20 and 21 March 2019 (2 full days)
- 1 May 2019 (full-day)
- 6 June 2019 (half-day)

2019 FEE:
£1,980

Discounts apply for Associate College Partnership (ACP), Midland Staff Development partnership (MSDP) and Oxford University delegates

Last date for programme registration: 1 January 2019

Further information available from the OCSLD website: bit.ly/Coaching-Mentoring

"Having worked as an elite sports coach for the past 15 years I felt I needed to add to my knowledge and skills as a coach and work towards being able to mentor new coaches and colleagues effectively. The ILM level 5 course at Oxford Brookes has been a fantastic opportunity to learn and practice new techniques under creative and supportive tutors amongst a diverse range of people. It has opened my eyes to current thinking and models in the coaching and mentoring arena which I am already using within my coaching and mentoring practice.

Sue Rose, Sports Consultant, Commonwealth Games Gold Medallist"