



# Professional Coaching Skills



**If you are looking to become a great coach, consolidate your coaching skills and have global recognition for your achievement; this is the course for you.**

Invest in this programme to gain an accredited coaching qualification from Association for Coaching and part 1 of the International Coach Federation Accredited Coach Training Programme (ACTP) as well as a separate certification in use of the Extended DISC psychometric tool. This programme is endorsed by the institute of Leadership and Management and comes with 6 months free access to the ILM online training resources.



**Completion of this course equips you with the tools and capabilities to coach at the highest levels within organisations with an understanding and practical application of executive coaching, creative coaching techniques, and psychometrics. The course develops your interpersonal skills enabling you to become an effective coach and counts as the 60 hours coach specific training required for coach regulation from 2013.**

## During the certificate programme you will:

- Be continually observed and assessed while coaching by peers and experienced coaches using the ICF competences.
- Observe and assess peers in their coaching and use coaching to aid the planning and development of a personal learning programme.



## Our methodology:

- We use double loop learning to ensure you learn about yourself, as well as the skills, knowledge and understanding you need to be the best coach you can be.
- We are interactive with demonstrations and practice as well as knowledge input.
- We create an informal and relaxed yet challenging environment.
- We move from knowledge sharing and input, to experiential and interactive sessions through the week.
- We help you to solicit and generate high quality feedback.
- We create space for group discussion and sharing interests.
- We work with cross cultural examples.
- We tell real life stories about our own experiences in coaching.
- We find opportunities to play with the creative coaching tools.
- We develop 'safe' coaches who work with integrity.
- We walk our talk.
- We have FUN





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Designed by award winning, qualified and credentialed coach, Sally Vanson and supported by professional trainers. Sally is one of only 22 trainers in the world licensed to use the materials and logo of Robert Dilts and NLP, Santa Cruz. Sally designed and developed the MA in Applied Coaching at University of Derby for which this course contributes 30 credits.



## Course Schedule:

This intensive course is run over ten days with a one day break in the middle.

Day 1: Introduction to coaching, the Professional Associations, Competences and Ethical codes

Day 2: Transactional Analysis; knowing yourself

Day 3: Contracting, Boundaries, Questioning, Listening Skills Challenge, the GROW and SCORE models

Day 4: Extended DISC psychometrics

Day 5: Free Day

Day 6: Re-language and Clean Language

Day 7: Symbolic Modeling and metaphor

Day 8: Creative coaching including Sandplay

Day 9: Logical Levels, Archetypes of Change

Day 10: Assessment day

Each day will run from 9.30am—6.00pm with coffee breaks and 1 hr for lunch.

There will be observed coaching practice on each day.

You will be provided with a comprehensive resource pack and full versions of psychometric questionnaires for practice with clients, you just need to bring yourself and your curiosity!



*"All the facilitators were first class and kept superb flow to the course. They are obviously very passionate about the world of coaching, its reputation and future and all potential candidates can rest assured courses with TPS will deliver the highest quality of instruction and professionalism."*  
Paul Andrew – Royal Navy



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