

ILM Level 5 certificate in effective coaching and mentoring



**LOVE YOUR
COACHING**
more than just talking

ILM Level 5

Certificate in effective coaching and mentoring



Turn your informal coaching skills into something tangible, and become a qualified coach



Hold powerful, supporting and challenging coaching conversations with colleagues and coaching clients



Access coaching skills to use everyday as part of your leadership approach

The ILM L5 coaching qualification, delivered by Love Your Coaching, is the place to achieve these goals.

- Attain a nationally recognised and credible qualification
- Choose from live webinars, or distance learning/self study
- You will learn the skills, structures and approaches for effective coaching
- Focus on coaching practice and your coaching skills
- Become a confident coach, supporting people with their challenges and goals.



KEY FEATURES



A robust, practical approach, to help you develop high quality coaching skills



A focus on you, the developing coach, to ensure that you can access the skills for effective coaching



Small group training, (maximum 8 people) with inter-session 1:1 support,



Detailed resources and support structures to help you through the study process

The ILM level 5 programme is delivered in 2 ways. Either:

Self study/distance learning, with 1:1 tutorials

8x 1/2 day online sessions

What is included:

- ✓ Unlimited tutorial support whilst studying for the qualification
- ✓ Extensive resource bank – everything you need for your coaching and for the qualification
- ✓ Written feedback on at least 3 coaching sessions
- ✓ Marking and interim feedback on ILM assignments
- ✓ Ongoing support as part of our thriving alumni community



I really valued the spacing of the learning sessions, and the pace and practical activities. I particularly valued the experiential learning and demonstrations of coaching. Above all, all the encouragement and patience. Knowledge and confidence took a giant leap. The support and encouragement has been great and kept me pushing past the challenges of completing a course alongside a very busy life!

Phillida Miles, director, LCS Ltd.



PROGRAMME OUTCOMES

This course is designed for you to learn the skills and structures to be able to coach to a high standard, during both planned and ad-hoc coaching sessions.

All our participants finish the course with a comprehensive toolkit that allows them to:

- Create a safe space for a coachee to explore their issues
- Have the skills to help coachees self reflect and come up with their own solutions
- Manage coaching sessions with people from a variety of backgrounds and experiences
- Structure short and long coaching sessions
- Be able to help coachees take responsibility and focus on their goals

Research and evidence base

All of these skills are taught with reference to best practice in coaching research, guided by the **ILM** as our qualification body



Why choose an ILM coaching qualification?

We offer ILM qualifications. They fit with the needs of our learners to have a robust process. They also have the flexibility to offer coach training content that we know to be relevant and useful. They are not prescriptive in what should be taught.



Institute of Leadership and Management (ILM). What are the benefits?



National recognition

It is a nationally recognised and well respected qualification body, in both public and private sectors



Coaching opportunities

Holding the qualification gives you access to extensive coaching opportunities, such as approved coach lists, or directories of coaches for the NHS and other bodies



Reassurance

You have the reassurance that your coaching has been reviewed and assessed as being at the highest level

1:1 Coaching
calls

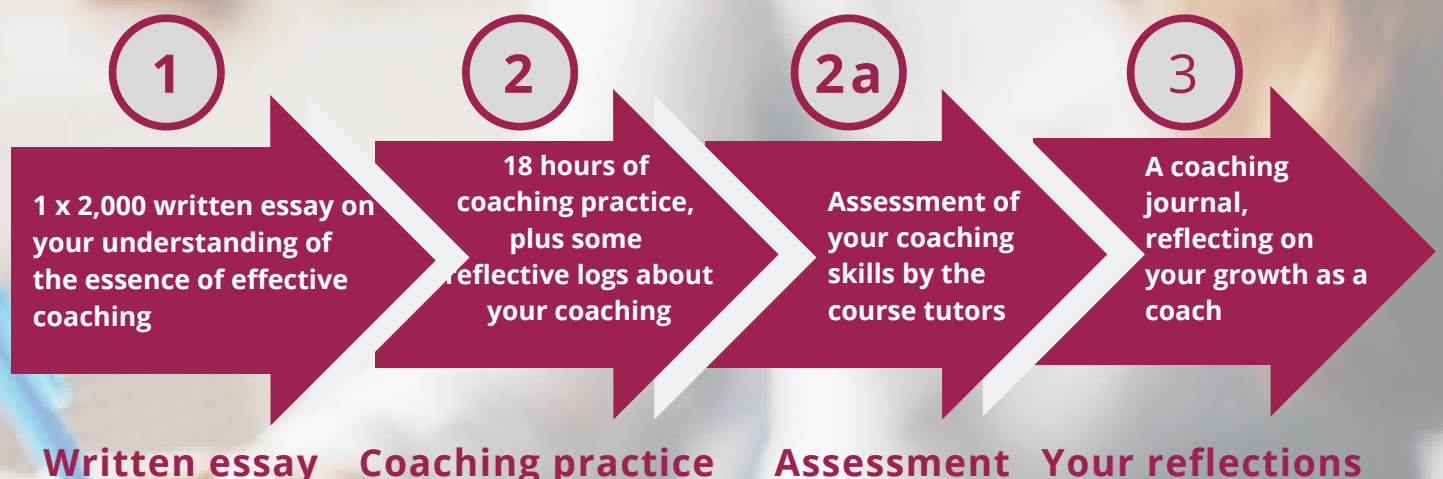
Feedback on
coaching sessions

Sharing of coaching
resources

Workbooks
& templates

How does the accreditation process work?

As ILM level 5 courses are equivalent to a degree, there is an academic aspect to this. In brief, the assignments are:



Developing your skills and assessing your coaching

A significant part of this qualification, for you, is ***to make sure you are coaching at this level***. After the final training session, we carry out an assessment of your coaching, by watching a coaching session of yours.

This may sound challenging, but it is often the celebration and the culmination of coach's efforts.

We make the process as friendly and supportive as possible.

Prior to the assessment, you will have been observed during coaching sessions, had tutorials and written feedback to help you see your strengths and areas to continue working on.

By the time the assessment is complete, you will have reached a high coaching standard, to be proud of.

This programme is for you if...

You are new to coaching and don't already have a coaching qualification

Your background is likely to be one of:

- some leadership or management experience
- some 1:1 supportive work with adults or children

You are keen to use coaching as part of your job or your business.

Since 2014 we have trained hundreds of people to L5 standard, including:

- School leaders
- HR managers
- Public sector management teams
- NHS professionals

"In my view, Charlie is the perfect trainer. Clearly an expert in this field, he demonstrates a passion for coaching, and an interest in those studying with him. He quickly builds rapport and trust with and among the group, which leads to greater learning throughout the course." **Rebecca O'Leary, Eurostar**



Want to find out more?

Book in a call with us to find out if this is the right course for you. We are always happy to listen, talk and support you.

**Book a call or Zoom on
www.loveyourcoaching/10to8.com**

Course content structure

We divide the programme into two modules, as outlined below. Each module is designed to help you become more confident and focussed in your coaching practice

PRINCIPLE AIMS OF OUR TRAINING SESSIONS

- Provide the knowledge and understanding of reflective coaching activities
- Practice and improve coaching skills
- Prepare for the assignments to obtain the ILM coaching qualification

MODULE 1: COACHING FOUNDATIONS

- Distinguishing between coaching and mentoring
- Agenda setting and contracting
- Benchmark your coaching skills
- Skills development:
 - questioning
 - listening
 - pausing
 - structuring sessions
- Coaching using a solid structure

MODULE 2: DEEPENING THE EXPERIENCE

- Coaching a client for several sessions
- Managing the coaching relationship
- Using tools and activities in coaching
- Facts and feelings in coaching
- Challenging our clients respectfully
- Ethical and reflective practice

DURING EACH SESSION YOU WILL EXPERIENCE

Practicing coaching micro skills

The opportunity to coach and be coached

Guidance on approaches to coaching



Timeline

This qualification spans 3 months for the training sessions, and a further 6 months for the assignments to be completed.

The timeline below maps out what happens at each stage - and we are here to support you all the way through it.



Our company values and what they mean for you

At Love Your Coaching, we have three values that are important to us. Values are only relevant if they have an impact on your experience:



TAKING CARE OF YOU

- Personalising the experience to your needs
- Predicting and smoothing out possible challenges
- Providing ongoing support and encouragement



TAKING CARE OF THE QUALIFICATION

- Having a good understanding of exactly what is needed for you to pass the qualification
- Providing all the resources
- Giving useful feedback
- Simplifying the process as far as possible



NURTURING YOUR GROWTH

- Acknowledging that learning to coach at this level is a commitment and a challenge, which requires a stretch. We'll help you stretch as far as you want to, and encourage you to stretch a bit more!
- This nurturing continues until you pass the qualification, and after that

From the moment you sign up for our programme, until you qualify (and after), there is an active working relationship, where we keep in touch with you, your progress and development as coaches.

Of course, much of this is done in the training sessions, but there is plenty that happens elsewhere, with emails, 1:1 tutorials, informal feedback and other support.

Course tutor team



Charlie Warshawski

The lead course tutor for our level 5 course is Charlie Warshawski. Charlie started his work in this area as a mentor in 2001, then retrained as a coach in 2007. He holds a number of coaching qualifications that represent a high quality of coaching plus 750+ hours of coaching experience. As part of his ongoing development he continues to study – currently he is studying for a qualification in coaching supervision.

Suzanne Cave

Suzanne is a performance coach. Having worked as an actor and a communications trainer she draws from techniques acquired in both these areas. Her style is responsive and compassionate, driven to 'understanding you'. She has designed and delivered events in 1:1 and group situations. Suzanne is a certified NLP practitioner, a regular volunteer with Parent Gym and the children's charity Scene & Heard.



Julian Chaloner



Julian is a communication skills coach and trainer, specializing in developing personal and professional impact. He has extensive experience delivering leadership programmes with a focus on highly effective communication. Julian's aim is to maximize the professional potential of every coaching client he spends time with, and he does this by building on what is already working well for them and by helping unblock what is not.

Beatrice Caldwell

With an established professional career in learning and development Beatrice's coaching practice is aimed at enabling personal growth and offering insight for individuals who are committed to developing their career and personal aspirations. During her coaching programmes, she encourages people to unlock self-imposed rules, to take risks and to challenge themselves, to uncover their potential through a supportive, confidential and non-judgmental programme. She is an MBTI (Myers Briggs) practitioner and an Action Learning Coach, and also a Parent Gym Coach



Client Testimonials

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Charlie is a great, experienced tutor. Has an engaging style, helps to bring out the best in each individual and for them to assist others in reaching their potential. Really pleased to have had the opportunity to complete my ILM coaching course with Charlie.

*Anita Parmar, general Manager,
Lincolnshire Hospitals NHS Trust*



I really enjoyed working on the ILM5 with Charlie as the trainer. He paced things well for me and was particularly helpful with managing the certificate requirements. He was always very responsive and made the experience of learning to be a coach really positive. Nearly 4 years on I continue to coach - highly recommended!

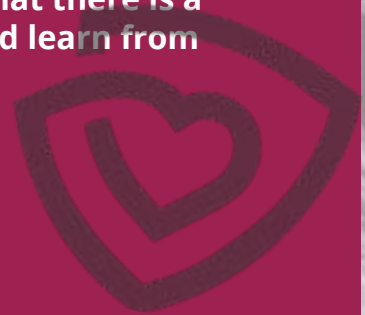
Sara Willis, service manager, Bath Council

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How do we differ

Other providers may offer similar features, but we believe this list is unique to us:

- The trainers earn their living from coaching and training, and are specialists in these areas
- The lead trainer has a strong background in education
- Small group sizes - maximum of eight people
- Highly practical focus - practicing the skills needed to be able to coach to an advanced level
- We don't teach generic coaching models like GROW, but several of our own coaching processes and encourage transformational thinking
- We remain supportive for everyone all the way through the programme from start to submission of the assignments
- We assess you on the quality of your coaching, and give you a pass mark when you have reached the standard needed to be a high quality executive coach
- We help to find people for you to practice your coaching with
- We support the alumni community of everyone who has taken the ILM programme with us, so that there is a great network of coaches to support and learn from



Next steps for your coaching qualification



Have a look at the L5 dates document for dates, pricing and course types

Book in for an initial chat with us, to find out more and to assess your suitability for this advanced course.

Our online diary is at <https://loveyourcoaching.10to8.com>

Or email: team@loveyourcoaching.com



To your coaching success!