

**ILM Level 7  
Certificate for  
executive coaches  
and mentors**



# ILM Level 7

## Certificate for executive coaches and mentors

The ILM L7 qualification, delivered by Love Your Coaching, is the place to achieve these goals.



Make sure that your coaching is high quality, effective, and powerful



Show that you have the experience and credibility to coach senior people in your organisation, and elsewhere



Consolidate all your coaching experience, and take it to an advanced level

- Attain a nationally recognised and credible qualification
- Classroom, webinar or self study options available
- You will learn the skills, structures and theories to become an advanced coach
- Focus on coaching practice and your coaching skills
- Become a confident, advanced coach, ready to support people with their challenges and their goals.



# KEY FEATURES



A robust, practical approach, to help you develop high quality coaching skills, and pass the rigorous ILM assessment process.



A focus on you, the developing coach, to ensure that you develop the skills, and understand the methodologies for coaching at this level



Small group training, (maximum 8 people) with inter-session support, focussing on the practical skills needed for high quality coaching



Detailed resources and support structures to help you through the study process and complete all the assignments for the qualification

**The ILM level 7 programme is delivered in 2 ways. Either:**

**3 x 2-day**  
training room  
sessions

**12 x 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



*The process was challenging but ultimately rewarding and enjoyable, and I now feel able to accelerate the coaching process within my school and to enable others to use coaching to optimise professional dialogue.*

*Coaching empowers colleagues to make positive, impactful decisions and to feel fully part of the school improvement process*

*Peter Hopkinson, Head teacher, Portsmouth Grammar School*



# PROGRAMME OUTCOMES

To coach at a high level, our course is designed to help develop the skills and approaches necessary. Equal importance is given to the micro skills (questions, listening, pausing...) as to how coaching sessions are structured.

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

- Hold transformational coaching sessions with senior colleagues
- Coach people who are stuck, challenged or overwhelmed
- Design coaching programmes that span several sessions
- Coach both in formal settings and informally, as part of everyday interactions
- Write and talk about coaching to prospective coaching clients
- Have a robust process for continual reflection and development as a coach



## Research and evidence base

All of these skills are taught with reference to best practice in coaching research, guided by both the **ILM** as our qualification body, and the **International Coach Federation**, as the international body that oversees coaching standards.





# Why choose an ILM coaching qualification?



We offer the 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.

## Benefits of an ILM qualification



### National recognition

It is nationally recognised and well respected, 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 on 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

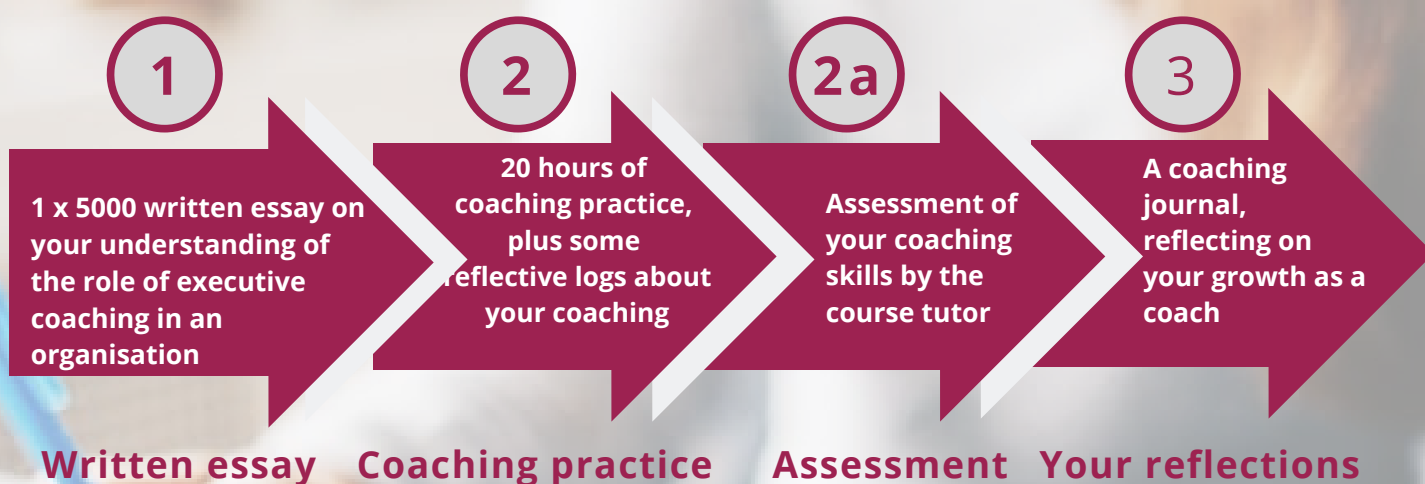
Community access & support

Video lessons & case studies

Workbooks & templates

# How does the accreditation process work?

As ILM level 7 courses are equivalent to postgraduate qualifications, 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 the highest 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 have some experience in coaching - with or without formal training

You are looking to increase your skills to an advanced level

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

Since 2014 we have trained hundreds of people to L7 standard, including:

- Head teachers and school leaders
- HR directors and managers
- Trainers, facilitators and coaches
- Business owners and directors

You are very new to coaching - in that case look at our **ILM level 5 coaching programme**.

You cannot commit the time to coaching practice and assessment activities.

This programme is *not* for you if...



## 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](http://www.loveyourcoaching/10to8.com)**

# Course content structure

We divide the programme into three modules, as outlined below. There is significant crossover between the modules, so we keep the approach very practical and practice oriented.

## FOUNDATION: COACHING COMPETENCIES

- Agenda setting and contracting
- Differentiating between coaching and mentoring
- Assessing your own coaching skills
- Questioning, listening, pausing
- Summarising, paraphrasing, silence
- Practising your coaching using a structure

## DEVELOPMENT: DEEPENING THE EXPERIENCE

- Developing coaching plans and long term coaching programmes
- How coaches mentor
- Advanced questioning and listening approaches
- Coaching stuck coachees
- Coaching the *person* more than the *topic*
- Depth in beginning and ending coaching sessions

## IMPLEMENTATION: MANAGING THE COACHING RELATIONSHIP

- Goal setting and accountability
- Facts and feelings in coaching
- Managing power dynamics
- Evidence base - Transactional Analysis
- Use of questionnaires and psychometrics
- Analysing and reflecting on your coaching

## DURING EACH SESSION YOU WILL EXPERIENCE

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Practicing coaching micro skills

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The opportunity to coach and be coached

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Guidance on approaches to coaching

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# 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 7 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.

## Sue Webb

A former headteacher of an outstanding school, Sue specialises in coaching leaders, and also other staff who play significant roles within schools. She focuses explicitly on what is at the core of the individual, team or organisation. She supports people to discover what is driving them forwards, what their motivators are - and what is holding their growth back.



## Ceri Warwick Ittu

Ceri Warwick Ittu is a school leader with extensive coaching experience and who also holds this coaching qualification. As part of the 2015 Future Leaders cohort, she has invested heavily in her coaching skills, and uses them with colleagues and also with her independent coaching practice. Her rigour and thoroughness is a great asset to the learning environment.

## Peter Hopkinson

Peter Hopkinson is the former head of Portsmouth Grammar Junior School. As well as his extensive leadership experience, he is a highly skilled and qualified coach, having completed his coaching qualification in 2015. He used coaching to transform his leadership approach, the approach of his leadership team, and the performance management system in the school.



# Client Testimonials



A top class trainer. Charlie is careful to adapt presentations to each audience. His positive, accessible style and enthusiasm always rub-off on the delegates. He is well-informed by an enormous repertoire of research within and around his subject/s and can be relied upon to provide thought-provoking bespoke sessions.

*- Julie Robinson, General Secretary,  
Independent Schools Council*



The team demonstrated excellent knowledge and expertise in coaching and through his perceptive comments I was able to further develop my coaching skills.

As a result of the training, I developed a deeper understanding of what effective coaching looks like. I am constantly using these skills on a day to day basis. Highly recommended.

*Clive Westall, Head teacher,  
Aylward Primary School*

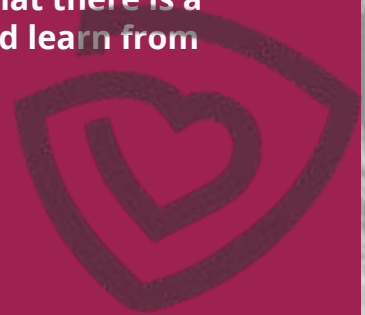




# How do we differ

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 your 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 L7 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](mailto:team@loveyourcoaching.com)**



**To your coaching success!**