

All content is taught via instructional videos released on the learning platform following the schedule below.

Module	Session	Description	Homework
<b>Program Launch</b>	<b>Week 1</b> <b>Joining the Program</b>	Introduction. Program detail. Learning platform and logistics.	
<b>Foundation Level Coaching Skills</b>   	<b>Week 2</b> <b>Introduction to Coaching</b>	The key outcome is to ensure a common understanding of what is meant by coaching, and how it differs from mentoring or other kinds of intervention.	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <b>Module Quizzes and Reflective Journals</b> </div>
	<b>Week 3</b> <b>Asking Powerful Questions</b>	We look at the skills associated with asking the best questions. This also involves gaining a deeper understanding of the principles of coaching.	
	<b>Week 5</b> <b>Coaching Models</b>	Every good coach develops a unique style. We start by introducing some of the most effective coaching models and support you to develop your own.	
	<b>Week 7</b> <b>Advanced Listening Skills</b>	Listening skills lie at the very heart of high-quality coaching. We introduce you to techniques for listening at a deep level.	
	<b>Week 9</b> <b>Coaching in the Moment</b>	Coaching can be situational. Module Five helps you coach in the moment, when your coachee may benefit from this approach in everyday situations.	
 <b>Recorded Session Exercise</b>			
<b>Practitioner Level Coaching Skills</b>     	<b>Week 11</b> <b>Positive Psychology</b>	Focusing on strengths, accessing intrinsic motivation, building strategies of hope, cultivating positive emotions and other important coaching principles.	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <b>24 hrs one-to-one coaching practice</b> </div>
	<b>Week 13</b> <b>Constructive Challenge</b>	The coaching relationship involves both support and challenge. We introduce a relational approach to using confrontative interventions.	
	<b>Week 15</b> <b>Contracting Revisited</b>	We introduce a range of goal-setting models and explore the value of contracting throughout the relationship, as well as managing endings.	
	<b>Week 17</b> <b>Interpersonal Dynamics</b>	We introduce the principles of Transactional Analysis for coaches, sharing a 'theory of relating' that will empower your practice.	
	<b>Week 21</b> <b>Practicing Professionally</b>	Finally, we consider how best to maintain a professional practice. We cover CPD, supervision, reflective practice, ethics, record keeping and more.	
 <b>One to One</b>  <b>Recorded Session &amp; Feedback</b>  <b>Self assessment</b>			