



COACHING FOR LEADERSHIP DIPLOMA

**PRACTICAL COACH TRAINING
FOR THE DIGITAL AGE**

Accredited by both the European Mentoring
and Coaching Council (**EMCC**), and the
International Coach Federation (**ICF**)



I'm often asked to recommend good coach training programmes, and it can be like a needle in a haystack. I love the approach used by QFIVE95, and I'm delighted this programme has been accredited by the ICF and EMCC (no easy task).

The techniques do work, and the training is such they soon become second nature.

THE PROGRAMME'S BENEFITS

Brain-friendly learning

- You learn in bite-sized chunks instead of cramming all content in one go.
- You can review, repeat, and catch up.
- As a result, you gain confidence from Week 1.

Flexible learning

- Weekly 90-minute live video sessions.
- Practical application between sessions.
- Membership of interactive social learning network where you can interact, follow learning plans, and download videos, articles, tools, ...
- Live coaching circles if sufficient participants within travelling distance.

Workplace focus

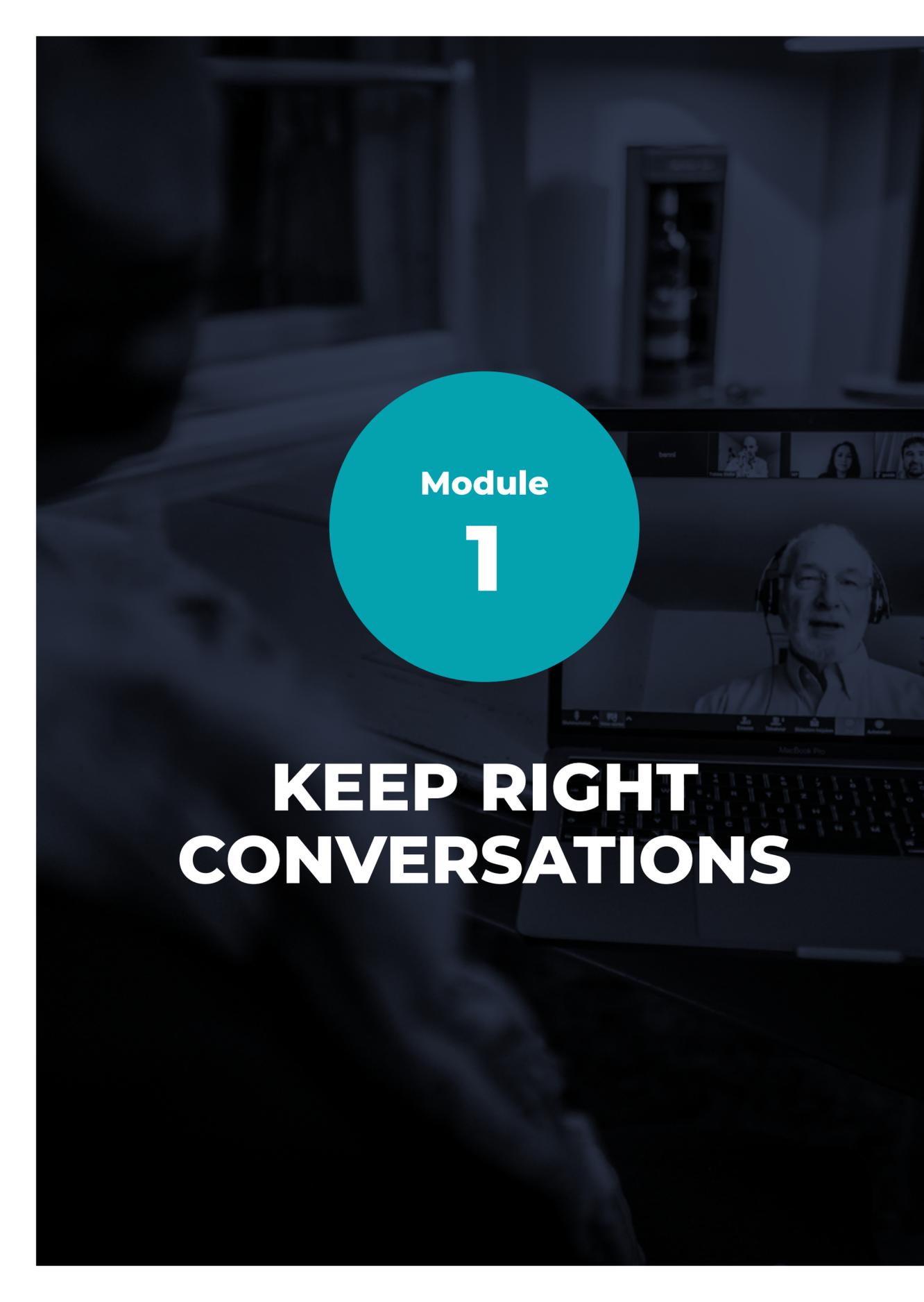
- Our Catalysts have wide experience of coaching in large global corporates, and agile medium-sized businesses.
- Guest presenters add to the richness of the learning experience with their practical experience and knowledge.

THE PROGRAMME'S BENEFITS



Accreditation options

- Our programme is accredited by both the European Mentoring and Coaching Council (EMCC), and the International Coach Federation (ICF).
- Completion of Modules 1, 2, and 3 covers sufficient training hours for an application for ICF's Associate Certified Coach credential.
- Completion of Module 1, and 7 hours of assignments delivers completion of an EMCC EQA at Foundation Level.
- Individual Modules can be used for an ICF credential renewal.



Module

1

KEEP RIGHT CONVERSATIONS

Keep Right Conversations is a simple but powerful technique for brain-friendly conversations. You will discover the brain science behind the approach, and develop the listening and speaking skills to have high-impact, coaching-style conversations for everyday use in and out of the workplace. In addition, you are introduced to PACE, a practical framework for transforming everyday conversations. And, lastly, we provide a high level introduction to the 5 Quotients for Success, an invaluable tool for coaching those with leadership responsibilities.

Content

- 1 Defining your personal goals for the programme
- 2 The science behind Keep Right Conversations
- 3 Developing Keep Right skills – mindset, listening, and speaking
- 4 PACE – a framework for Keep Right Conversations
- 5 5 Quotients for Success
- 6 Conversation scenarios – developing others, and developing clients/customers

Ten 90-minute workshops plus weekly assignments

25.50 ICF CCEs; EMCC EQA Foundation

19.50 Core Competencies

6.00 Resource Development

Module

2

THE BREAKTHROUGH CYCLE

Whilst Module 1 focuses on coaching-style conversations, The Breakthrough Cycle equips you to create and manage a series of formal coaching sessions. This covers *aligning* around the purpose of the coaching (including a checklist for your first orientation conversation), identifying what *breakthroughs* your client wants to achieve, *consolidating* existing strengths, identifying areas to *develop*, and ensuring high level *engagement* throughout the coaching relationship so that the *focus* of the coaching is achieved. The Five Steps to Breakthrough is a unique framework for enabling your clients to understand and explore the drivers behind their intentions.

Content

- 1 Introducing the Breakthrough Cycle
- 2 Align: creating the coaching relationship
- 3 Breakthrough: the 5 Steps to Breakthrough goal setting process
- 4 Consolidate: identifying and leveraging current strengths
- 5 Develop, Engage, and Focus: sustaining progress and accountability

Nine 90-minute workshops plus weekly assignments, and two guest presenter sessions

26.00 ICF CCEs

21.00 Core Competencies

5.00 Resource Development

Module

3

LEADERSHIP COACHING

Whilst Modules 1 and 2 introduce you to our own coaching methodologies and techniques, Module 3 – Leadership Coaching – broadens your perspective by introducing you to a range of different coaching theories and methodologies. Our aim is to provide you with an opportunity both to develop your own ‘voice’ as a leadership coach, and to provide a wide range of tools to support your clients. There are three main areas of focus in this Module – Leading Self, Leading Others, and Leading Organisations. This Module includes contributions from guest coaches.

Content

- 1 The practice of Leadership Coaching
- 2 Who are you as coach?
- 3 Coaching theory & practice: Leading Self (values, strengths, purpose)
- 4 Coaching theory & practice: Leading Others (motivation, teamwork, change)
- 5 Guest coach contributions
- 6 Coaching theory & practice: Leading Organisations (systemic approaches)
- 7 Handling emotions in coaching

Thirteen 90-minute workshops plus weekly assignments, and two group observed coaching sessions

36.75 ICF CCEs
30.00 Core Competencies
6.75 Resource Development



Module

4

COACHING ETHICAL DILEMMAS

Finally, in Module 4, we explore an area not covered by many coaching programmes – Organisational and Coaching Ethics. Those in leadership positions are often faced with challenging ethical dilemmas. This Module equips you with frameworks to support your clients in resolving those dilemmas. We also explore how you, as a coach, can resolve dilemmas that you might have. We work both with case studies, and the scenarios you and your colleagues bring for discussion. You will also, in this final Module, have an opportunity to receive feedback on your coaching from an assessor.

Content

- 1 Professional and organisational ethics
- 2 Ethical case studies
- 3 Contracting with multiple stakeholders
- 4 Beyond cognitive coaching (mindfulness and intuition)
- 5 Guest coach presentation
- 6 Coaching practice assessments

Nine 90-minute workshops plus weekly assignments

24.00 ICF CCEs
19.25 Core Competencies
4.75 Resource Development

PRICING*

In-company presentations of this programme can consist of both – live face-to-face workshops, and virtual sessions if desired.

MODULE 1	 KEEP RIGHT CONVERSATIONS	£ 550 € 630 \$ 695 plus VAT	MODULE 3	 LEADERSHIP COACHING	£ 795 € 910 \$ 999 plus VAT
MODULE 2	 THE BREAK-THROUGH CYCLE	£ 550 € 630 \$ 695 plus VAT	MODULE 4	 COACHING ETHICAL DILEMMAS	£ 550 € 630 \$ 695 plus VAT

OPTIONAL END OF PROGRAMME ASSESSMENT

£ **125**
€ **138**
\$ **160**
plus VAT

SPECIAL %

TAKE THREE MODULES.
GET **A NICE DISCOUNT.**

-7.5%

SPECIAL %

TAKE FOUR MODULES.
GET **A NICE DISCOUNT.**

-10%

* As at 29/04/20. Subject to review in event of severe currency fluctuations, but guaranteed against change at time of enrolment.



www.q595.com

GERMANY

Q595 GmbH
Parkweg 9
85659 Forstern, Munich

+49 8124 446 862 0
info@q595.com

UNITED KINGDOM

Q595 Limited
The Studio, Haydon End,
Blackborough EX15 2HX

+44 203 282 7595
uk@q595.com