

COACHING MASTERY

An accredited diploma in advanced coaching

A chance to build your expertise, extend your knowledge and become a leading-edge coach

Coaching Mastery encourages each individual to apply a wide range of models to themselves and to shape their own future as a coach. This course is founded on four elements that encapsulate good coaching practice:

- ◇ You as a coach
- ◇ You as a person
- ◇ Coaching tools and techniques
- ◇ Your coaching work



The course will explore and define you as a coach, develop your personal philosophy and give you the self-knowledge to allow you to build your leadership, internal coaching role or coaching business with integrity and humilily. You will leave with a deeper

understanding of neuroscience, the impact of emotional states and their connection to coaching. You will have a full portfolio of your work and will have built your business case for coaching.

The programme consists of 4 modules and a final integration session. Each module will focus on a particular stage of the coaching process. The modules combine reflection and review; new theoretical, scientific and experiential input; the opportunity to practice as coach, coachee and observer and how to put your new learning into action outside the course.

You will have group supervision sessions as part of the programme which will take place between moduls and one hour of 1:1 supervision. These sessions introduce the framework of supervision into the coaching process.

Your facilitators:

Sue Macmillan

Sue had a 20-year career in the NHS as a physiotherapist and retrained in 2010 as a coach and facilitator. She is also a trained actor and storyteller and specialises in developing communication skills, speech and presentation skills.



Helen Mundy

Helen's background is in organisational change and team leadership. With a background in the technology sector she gained a firm grounding in leadership and management models. Helen is an experienced individual and team coach and facilitator.



Sue and Helen are supported by two of the directors of Fields of Learning, Jacqui Fairbrass and James Macmillan. They will act as visiting tutors and play an important role in the observation and supervision of the participants throughout the programme. In addition, a graduate coach from a previous Coaching Mastery programme will support the delegates in their journey to integration of their coaching skills.



CM 23 Dates 2023/24

Module 1:	2-4 October 23
Module 2 (Retreat):	24-27 November 23
Group Supervision:	14 December 23
Module 3:	17-18 January 24
1:1 Supervision	Arranged personally
Module 4:	20-21 March 24
Group Supervision:	18 April 24
Integration:	23-24 May 24

Venue & Costs

The course will be held in Bedfordshire. Retreat location is in Norfolk. Local accomodation is available.

The cost for 4 modules and integration is £5,400 + VAT. [Visit our website for more information](#)

COACHING MASTERY

An accredited diploma in advanced coaching

A CHANCE TO BUILD YOUR EXPERTISE, EXTEND YOUR KNOWLEDGE AND BECOME A LEADING-EDGE COACH

What capabilities and knowledge do you need to develop as a coach in the 21st Century? What values qualities and attitudes are helpful to hold? What experiences and understanding of yourself are useful to explore?

How can you shape your coaching practice? How can organisations develop a coaching led culture? How can you be a credible and professional coach in the market-place? This advanced course gives you the answers.

A course in coaching excellence, this programme explores all these questions through an integrated model based on neuroscience. The programme encourages each individual to apply a wide range of models to themselves and to shape their own future as a coach. This course is founded on four elements that encapsulate good coaching practice.

- You as a coach – exploring and defining who you want to be as a coach and developing your personal coaching approach and philosophy.
- You as a person – gaining the self-knowledge that allows you to coach with integrity and humility
- Coaching tools & techniques – exposure to a wide range of coaching tools techniques and models all enriched with a deeper understanding of neuroscience, the impact of emotional states and how these apply to coaching.
- Your coaching business – developing your business framework, plan and processes – be it as an independent coach or as an employee delivering coaching within an organisation or as a leader using coaching approaches. This is underpinned by meeting ethical practice and standards of the UK and international coaching organisations.

“The coaching journey is brought to life by the brilliance of the trainers and by reflection and self-discovery.”

COACHING MASTERY

2023 course details

Each of the four modules will focus on a particular stage of the coaching process: combining reflection and review; new theoretical, scientific and experiential input; the opportunity to practice as coach, coachee and observer and how to put your new learning into action outside the course.

The retreat module provides an immersive experience for deep learning. You will also be part of a supportive learning set of like-minded coaches and really get your learning 'in the muscle'.

We will ask you to have at least 3 or 4 new coaching clients to work with throughout the course and use as case studies for a total of 40 hours of coaching outside the programme. You will also perform specific tasks that you set yourself to develop your learning in the real world and these will be reviewed at each new module, including 70 hours of self-study.

Supervision to support your learning

You will receive 2 x 2 hr group supervision sessions and a 1 hr individual supervision session which will take place between the modules. These sessions introduce the framework of supervision – helping you to reflect and process what is happening for you as you progress your coaching and develop further ways to understand the coaching dynamic. You will develop clean reflective and self-coaching practices and understand how to create appropriate boundaries between you and your clients.

Consolidation

The final module tests the integration of all you have learned and enables you to demonstrate your coaching competence. You will have a full portfolio of your work and will have built your business case for coaching and have conducted a live coaching session.

You leave this course with a strong sense of your own identity and capability as a coach, armed with the tools to make it happen for you and for your coachees. On completion will receive an Accredited Diploma in Coach Training (ADCT).

Who will be there?

You will join up to 12 other participants from a variety of backgrounds. Please do talk to us about your experience and background. Where needed, we can offer 1:1 support to bring your learning up to the required level.

Your facilitators

The programme will be facilitated by Sue Macmillan and Helen Mundy. They will be supported by Jacqui Fairbrass and James Macmillan, directors of Fields of Learning. A Graduate Coach from a previous Coaching Mastery programme will provide input and support to all the delegates.

After the course

Once you have graduated you will have access to discounts on all programmes (public and for your company) that Fields of Learning run for the next year, and will join a group of alumni who meet regularly for networking and CPD events.



COACHING MASTERY

2023 course details

Course and individual recognition

At the core of this course is a belief that the quality and integrity of coaches and their practice matters.

To this end we support and promote the global Code of Ethics for coaches, mentors and supervisors adopted by all major coaching professional bodies. The programme meets the rigorous standards for an Accredited Diploma in Coach Training set by the Association of Coaching.

You may also take advantage of the AC's Coach / Executive Coach Accreditation Scheme Pathway for ADCT providers which allows you to apply to become a Foundation Coach / Foundation Executive Coach after the programme to support your professional recognition as a coach.

What people say

The feedback we receive on each course elevates our development, delivery and course standards.

We value what graduates say and if you would like to speak to prior attendees then we will put you in touch. From one of last year's coaches:

"This course has given me the tools, beliefs and direction to become a qualified coach. It is the best training course I have ever been on!



ACCREDITED DIPLOMA
IN COACH TRAINING

Assessment and Support

To complete your Diploma you need to cover the material of all 12 days, keep a learning journal, log 40 coaching hours outside the programme, including a written case study of one of your coachees, and demonstrate extended reading and exploration of coaching resources. Catch up days can be arranged where necessary and will be charged for at £250 + VAT per day.

All course materials are provided in a secure web portal for the group. This includes detailed course notes to support the programme and up to date links to TED Talks, podcasts, videos and webinars of current interest to support the learning. As we have small cohorts we have the flexibility to shape the programme to your needs while ensuring we cover the competencies needed to pass the AC's ADCT diploma standards.

"This course is life-changing. Be prepared to come away a different (& better) person. And to meet the most extraordinary people"