i·coachacademy

Certificate in Coaching Practice

The Programme

The Certificate in Coaching Practice Programme is the first year of the Masters in Professional Coaching Programme and provides an excellent grounding in the practice of professional coaching. It assists anyone aspiring to coach formally and experienced coaches who wish to enhance their current approach to build a unique coaching framework and model as well as benchmark themselves with a learning cohort.

The programme enables you to explore your individual skills and experience and to incorporate those in a coaching approach that is suited to your specific client group. You also practice making your particular approach explicit so that you are able to clearly articulate to your clients why you are the right coach for them.

The Certificate in Coaching Practice Programme is delivered part-time over 12 months and thus is manageable for working professionals.

Who is it for?

1. Anyone interested in coaching formally and possibly considering a career as a coach
2. Experienced coaches who wish to make their current approach explicit and to benchmark it with a learning cohort

Where next?

On successful completion of the programme you can progress seamlessly to the second year of the Masters in Professional Coaching Programme or you can choose to exit with a Certificate in Coaching Practice form i-coach academy.

For those seeking a qualification, you can complete a further work-based research module and exit with a Post Graduate Certificate in Work Based Learning Studies (Coaching Practice – i-coach academy) from Middlesex University, UK.

Application Requirements

To enter the Certificate in Coaching Practice it is useful to have an academic qualification in a related subject area such as business, counselling, education, sports coaching, psychology or human resources. In the absence of academic qualifications, previous experience (five year plus) in a related field will be considered. Applicants will need to participate in a Skills Assessment Day to demonstrate foundation level coaching skills or complete the Foundation in Coaching Skills Programme.

Skills Assessment Day

The Skills Assessment Day is an opportunity to benchmark your current skill set against a network of peers and against i-coach academy's academic criteria.

What is involved in the day?

- Half a day of skills practice within a learning cohort
- 1:1 tutorial with i-coach academy faculty to provide feedback from the skills practice session and to discuss your professional background and aspirations for your journey to developing professional coaching practice

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Learning Journey

Our programme assists you to critically reflect on your rich experience and knowledge, while integrating new theories and approaches. Since coaching is inherently interdisciplinary, our curriculum draws on broad areas of knowledge that inform the field of coaching. Through a process of experimentation and application, the programme is designed to help you define your unique contribution to coaching. Instead of memorising the 'right' answers or behaviours, our Faculty act as facilitators encouraging you to discover principles for yourself and to build knowledge by working with others.

Learning to become a coach is a voyage of discovery that can be an intense emotional and challenging experience. We don't believe in taking shortcuts and the journey is sometimes difficult. However, by the end you will be a competent and empathetic coach.

Learning Modules (Five modules of two – three days each)
You will attend five learning modules where you will meet with Faculty and a learning cohort to exchange information about professional practice, participate in learning activities, listen to presentations on relevant topics and establish relationships with others whose interests and work parallel your own. Learning Themes in this module include Learning Theory, Self-Insight, Contracting and Ethics in Coaching, Performance, Cognitive Behavioural Coaching, Systems Theory, Leadership Coaching and Integrating Coaching Models amongst others.

Embedding the Learning
Between Learning Modules you will continue to practice coaching, experiment with new approaches with your learning cohort and engage in your own coaching, reflective work and supervision. Activities which support you to integrate your learning and evolve your coaching practice including:

- **Continued Professional Development and Supervision Days.** You will participate in four and a half continued professional development (CPD) / Supervision days which are dedicated to reviewing your casework using multiple perspectives to enhance your understanding of your own professional practice and yourself.
- **Applied Coaching (minimum of 48 hours)** Coaching and integrating new learning into your coaching practice is essential for success on this programme. The expectation is that you are actively coaching and will easily meet the minimum of 48 hours of coaching during the nine month module. Our learning community can support you to find clients outside your traditional application areas. It is ideal to be working with a minimum of four clients to support you to demonstrate the certificate level repertoire
- **Receiving Coaching (24 hours at your own cost)** There is evidence to suggest that you learn and improve your own coaching practice by receiving good coaching. We encourage you to experiment with some of these coaching hours and receive coaching from a coach who is informed differently to you so you can learn about another coaching perspective whilst experiencing coaching. This coaching is not focused on your coaching practice rather for you to have an experience of being "the client". There is no expectation that your coach needs to be trained by i-coach academy.
- **Framework Coaching (six hours)** Included in your fees are six hours of framework coaching with an experienced i-coach academy coach. This offers one hour and a half session between each learning module and supports you to integrate your insights from learning modules and application into your evolving coaching framework.
- **Reflection and Assignments** Keeping a learning journal and critically reflecting on your entries through assignments is core to increasing your awareness of the multiple processes at play and evolving best practice for your individual coaching practice.

Assessment
1. Reflective Essay and Individual Development Plan
2. Ongoing Assessment by Faculty
3. Professional Review – Practitioner Level
4. Learning Journey Document – critical reflective portfolio of your learning journey (5000 words)

Next Steps
For further information, regarding programme dates, fee structure and terms and conditions please visit the i-coach academy website. If you would like to discuss your individual learning needs please contact the i-coach academy team (details below).

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