

# DIPLOMA IN PERSONAL AND BUSINESS COACHING 2017/18



## DIPLOMA IN PERSONAL AND BUSINESS COACHING

The Irish Lifecoach Institute (ILI) is one of the largest coach training organisations in the country offering a professional Diploma in Personal Coaching & Business Coaching.

This fully approved and accredited course will, on completion, enable participants to begin work as professional Life and Business Coaches. Participants come from a variety of career backgrounds bringing their new skill set back into their workplace, school, company or setting up as a professional Life and Business Coach. Others come on the programme for personal development reasons and all students find the course “transformational”.

Since the course commenced in 2001 in excess of 1600 people have qualified. Many of these are School Principals and teachers. The skills of coaching relate very closely to any job that requires the building of strong relationships and good communication. Therefore this course is a good fit for school leaders and teachers.

### Course Summary 2017

**The Diploma in Personal and Business Coaching Course is run over 16 days on the basis of one weekend a month for 8 months and is priced at €2250. However due to this course being run in association with the Clare Education Centre, we have a special reduced rate for school principals and school teachers only of €1950 (please submit your teacher’s council number on the application form to qualify for this offer).**

Our course also includes an option of completing the QQI Level 6 Special Purpose Award in Life and

Workplace Coaching which has been integrated into the Diploma Course. An extra fee of €450 (registration, assessment and certification) applies for this option. The course is an Approved ICF (International Coach Federation – [www.coachfederation.org](http://www.coachfederation.org) ) Programme and as such is recognised worldwide. On successful completion of the course, students are qualified professional coaches.

Course tutors utilise a variety of instructional techniques including: Audio/Visual presentations, Coaching role plays with facilitator feedback, Personal Development, Experiential and interactive exercises, Peer Coach Group Sessions, Book Presentations and Instructional Coaching DVDs. We also have a Student Resource Centre on our website which gives you extra resources to help with your coaching development outside of class hours.

## **Contents**

### **Module 1**

Concept and Origins of Coaching, ICF Core Competencies of Coaching  
Ethics in Coaching, The Coaching Relationship, GROW Model of Coaching

### **Module 2**

ICF Core Competencies, Applications of Coaching, Action Planning and Goal Setting  
SMART Goals, QQI Level 6 Award, Peer Coaching Sessions

### **Module 3**

ICF Core Competencies, Self-Awareness, Lifescope Model of Coaching©, Attitude  
Assessed Peer Coaching Sessions, Small Group Mentor Coaching

### **Module 4**

ICF Core Competencies, Beliefs and Values, Roles and Priorities, Mission Statements,  
Motivation, Assessed Peer Coaching Sessions, Small Group Mentor Coaching

### **Module 5**

ICF Core Competencies, Co-Active Coaching Model, QQI Level 6 Award – Assessment  
Briefs, Visioning, Judgements, Thinking Skills and Creativity, Focus and Clarity, Habits  
Assessed Peer Coaching Sessions, Mentor Coaching on Pro Bono Sessions

### **Module 6**

ICF Core Competencies, Emotional Intelligence, Self Esteem, Change Management

4 Cs of Change©, Team Coaching, Leadership Coaching,  
Assessed Peer Coaching Sessions, Mentor Coaching on Pro Bono Sessions

### **Module 7**

Workplace Coaching Business Coaching Executive Coaching, Time & Stress Management,  
Assessed Peer Coaching Sessions, Supervised Pro Bono Sessions, Coaching Contracts

### **Module 8**

Introduction to Relationship Coaching & Career Coaching, Marketing your own Coaching  
Business, Guest Speakers on Coaching Topics, Pathway to Accreditation, Graduation

Plus:

A range of related topics including positive psychology will be explored and appropriate  
techniques will be introduced.

### **Course Dates**

- Module 1 Oct 14/15th
- Module 2 Nov 11/12th
- Module 3 Dec 9/10th
- Module 4 Jan 13/14th
- Module 5 Feb 10/11th
- Module 6 Mar 10/11th
- Module 7 Apr 14/15th
- Module 8 May 19th & 20th (in Portlaoise)

For more information on the course and to apply please click on the following  
link <http://www.ili.ie/diploma-in-coaching-overview/> You can also email [info@ili.ie](mailto:info@ili.ie) or phone 1850  
200591 or 01 4610733