



IRISH LIFE COACH INSTITUTE



County Donegal Education Centre
Oideachais Chondae Dhún na nGall

Co Donegal Education Centre

DIPLOMA IN PERSONAL AND BUSINESS COACHING COURSES

Facilitated & delivered by the Irish Lifecoach Institute

School Leaders & Teachers

Commencing October 2018

in

Co Donegal Education Centre

At a time when creating a culture of coaching in schools is becoming increasingly valued, completing this course will -

- ***Enhance your capacity to work in a changing environment***
- ***Increase your ability to prioritise and manage demands***
- ***Renew your enthusiasm for the job***
- ***Enable you to manage change more successfully***
- ***Assist you in creating a coaching culture in your school***
- ***Provide time and space for you to reflect***
- ***Lead more effectively***

Coaching is a proven method in developing individual and organisational performance by unlocking potential and capability

Having successfully completed this course participants will have discovered the benefits of using personal & professional life supporting strategies and techniques in their personal & professional life as well as having the option to begin coaching on a more professional basis.

The course is run on the basis of one weekend per month over eight months from October to May. Full details on **Irish Lifecoach** website www.ili.ie Course fee: €1950

Interested participants can register on Donegal Education Centre website
www.donegaledcentre.ie or <https://www.ili.ie>

Irish Lifecoach courses are approved by the International Coach Federation (ICF)

Module Descriptors Overleaf



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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