



Coaching Fundamentals

Programme Dates

Session Title	Date/s	Duration	Delivery Mode	Overview
Induction Session	5/10/2023	2 Hours	Synchronous	This session is aimed at welcoming and orienting participants to the programme.
Module 1 The Coaching Approach & Mindset				
eLearning Course 1	05/10/2023	2 Hours	Asynchronous	This Module consists of an asynchronous elearning course, followed by a synchronous virtual workshop. This module provides a comprehensive overview of coaching, covering its definition, historical development, and key influences. It explores how coaches can develop a positive coaching approach and mindset.
Virtual Workshop 1	02/11/2023	3 Hours	Synchronous	
Module 2 Having Coaching Conversations				
eLearning Course 2	02/11/2023	2 Hours	Asynchronous	This Module consists of an asynchronous elearning course, followed by a synchronous virtual workshop. This module focuses on the fundamentals of coaching conversations, with an emphasis on how to develop choice, awareness, and responsibility with coachees.
Virtual Workshop 2	30/11/2023	3 Hours	Synchronous	

Module 3 Contracting

eLearning Course 3	30/11/2023	2 Hours	Asynchronous	This Module consists of an asynchronous elearning course, followed by a synchronous virtual workshop. This module provides a high-level overview of contracting, covering its fundamental aspects and key elements.
Virtual Workshop 3	18/01/2023	3 Hours	Synchronous	

Module 4 Core Coaching Skills

eLearning Course 4	18/01/2024	2 Hours	Asynchronous	This Module consists of an asynchronous elearning course, followed by a synchronous virtual workshop. This module covers essential topics to enhance effective coaching - listening, questioning, coaching styles and challenge.
Virtual Workshop 4	15/02/2024	3 Hours	Synchronous	

Group Coach Mentoring Session #1	29/02/2024	2 Hours	Synchronous	1 of 3 sessions. In a Group Coach Mentoring Session participants have the opportunity to collaborate and learn from others. They will engage in group discussions, mini coaching sessions, and receive valuable feedback from both experienced and dedicated Mentor Coaches and their peers.
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Module 5 Coaching & Change

eLearning Course 5	15/02/2023	2 Hours	Asynchronous	This Module consists of an asynchronous elearning course, followed by a synchronous virtual workshop. This module focuses on how to enable individuals to drive effective change within their organizations through coaching.
Virtual Workshop 5	14/03/2024	3 Hours	Synchronous	

Group Coach Mentoring Session #2	28/04/2024	2 Hours	Synchronous	2 of 3 sessions. In a Group Coach Mentoring Session participants have the opportunity to collaborate and learn from others. They will engage in group discussions, mini coaching sessions, and receive valuable feedback from both experienced and dedicated Mentor Coaches and their peers.
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Module 6 Coaching Emotional and Cultural Intelligence

eLearning Course 6	14/03/2024	2 Hours	Asynchronous	This Module consists of an asynchronous elearning course, followed by a synchronous virtual workshop. This module explores the concept of Emotional Intelligence (EQ) and Cultural Intelligence (CQ) and their importance in coaching.
Virtual Workshop 6	18/04/2024	3 Hours	Synchronous	
Group Coach Mentoring Session #3	16/05/2024	2 Hours	Synchronous	3 of 3 sessions. In a Group Coach Mentoring Session participants have the opportunity to collaborate and learn from others. They will engage in group discussions, mini coaching sessions, and receive valuable feedback from both experienced and dedicated Mentor Coaches and their peers.
Integration Session	30/05/2024	2 Hours	Synchronous	This session brings together all learning from Module 1 - 6 through a learning reflection component.
Individual Coach Mentoring Session #1	TBA*	1 Hour	Synchronous	<p>Spread across 4 x 1 -hour sessions scheduled at participants convenience. In an Individual Coach Mentoring session participants have the opportunity to receive personalized 1:1 feedback from a dedicated Mentor Coach to foster substantial growth and development of coaching competencies.</p> <p>In each session participants will engage in invaluable moments of reflection and purposeful practice, designed to precisely target areas for improvement and propel their coaching skills to new heights.</p> <p>*TBA - these sessions are arranged between facilitator and individual participants and will take place over the course of the programme anytime between the completion of module 1 and the Integration Session, which marks the end of the synchronous element of the programme.</p>
Individual Coach Mentoring Session #2	TBA*	1 Hour	Synchronous	
Individual Coach Mentoring Session #3	TBA*	1 Hour	Synchronous	
Individual Coach Mentoring Session #4	TBA*	1 Hour	Synchronous	
