

# Coaching Skills Certificate

2 day Programme

Experience what it's like to be an executive coach and begin to understand the power and success of coaching.

This two day programme will introduce you to the principles and practice of coaching. Not only will you learn how to use an effective four stage model that will allow you to begin coaching right away, you will also discover what kind of coaching is right for you.

## Programme Content

You will have access to expert tutor input from an experienced Executive Coach, and you will also receive expert and peer feedback as you test your "coaching wings" in small practice triads: coach - coachee - observer. Coaching skills are not just for the workplace - they have positive effects on all aspects of your life. You will enjoy improved communication with friends, family, colleagues as well as helping clients.

## Discover and learn

### Is coaching for me?

The Coaching Skills Certificate will allow you to experience coaching first-hand to help you decide whether you wish to train further in coaching and proceed onto our Practitioner in Executive Coaching Diploma. It is perfectly suited for both those who are looking to take their interpersonal skills to the next level as well as those considering integrating coaching into their work or embarking on a career as an executive coach.

### What kind of coaching is right for me?

Reflect on and discover your personal coaching style and type of coaching you most enjoy. (e.g. life coaching, career coaching, business coaching, performance coaching, transformational coaching)

### Do I have what it takes to be a great coach?

If this is a whole new area for you then you'll be able to explore further whether this is a good career choice for you and to talk to a highly qualified coach as part of the process.

This programme is the gateway to our suite of highly accredited coach development programmes - your first step in becoming a professional coach.

**So if you are completely new to coaching then this programme is for you.**

## Dates

28<sup>th</sup> & 29<sup>th</sup> November 2017

## Times

The programme runs from 9.30am to 5.00pm each day

## Entry Requirements

We encourage you attend our Introduction Open Event. Please see our website for further details, including dates. There is no charge for this event.

## Fees

£645 plus VAT

(NB. If you wish to attend the Practitioner in Executive Coaching Diploma you will receive £250 reduction if you book within 7 days of attending the Coaching Skills Certificate)

## Venue

Apex Grassmarket Hotel  
31-35 Grassmarket  
Edinburgh  
EH1 2HS

## Booking Procedure

NB Early booking is recommended as numbers are strictly limited.

To apply please visit our website and complete the online application form at:

[www.aoecscotland.com](http://www.aoecscotland.com)