

**Gain
confidence and
experience**

Date and time

For current dates please refer to our website.

09.00 - 17.00 local time each day.

Delivery

Virtual and in-person depending on date.

Price

Please refer to our website for pricing information.

In addition to the programme dates shown, the Team Coaching Fundamentals Certificate is available for organisations wanting to develop their in-house coaches to be able to support teams. Do get in touch if you would like to know more.

For further information please contact:

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www.aoec.com/east-africa

Team Coaching Fundamentals Certificate

A thorough introduction to team coaching

About the certificate

More and more organisations today are looking for ways to respond quickly to change and achieve their goals by harnessing the power of teams. This three-day programme is a thorough introduction to team coaching, created specifically for executive and business coaches who are looking to extend their expertise to coaching teams. It is also suitable for in-house coaches who would like to be able to coach teams in their organisations.

Currently being run virtually, the Team Coaching Fundamentals Certificate provides an opportunity to gain a strong grounding in working with teams and understanding how your existing coaching skills, competences and experience can best translate into supporting teamwork. It also enables you to develop the additional skills and knowledge required to start coaching teams facing the many challenges of the contemporary workplace.

What you will learn

Through a blend of theory, insight, group discussion and practical application, you will learn about the AoEC's team coaching competency model and discover how to draw on the competencies to support a team looking to improve their collective performance. You will discover how teams function at their best, be introduced to a robust model of high-performing teams and clarify the differences between coaching and other ways in which you might work with teams, such as facilitation and training.

You will also learn a model for structuring a team coaching assignment and explore many of the subjects critical to team effectiveness, including team dynamics, systems awareness and the importance of resilience and wellbeing.

By the end of the programme, you will have increased your confidence and competence to start coaching teams – or deepen your existing practice – and be able to describe and discuss team coaching with potential clients.

How you learn

The programme, which is currently being delivered virtually, runs over three consecutive days and combines theory, participation and practice. You will be led by our expert faculty who provide insight and theory input, as well as advice and feedback to you in the practice sessions. The programme's experiential style of learning lets you witness and practice team coaching skills from day

one and will enable you to incorporate team coaching into your own coaching business or to support teams in your organisation. Your learning takes place in a safe, secure and confidential environment where you will be able to stretch your skills, evaluate yourself against team coaching competencies and grow your confidence in working with teams.

Topics covered include

- contracting
- coaching fundamentals
- what is a team
- roles played in supporting team development
- difference between team coaching and facilitation
- role of a team coach
- AoEC Team Coaching Competency model
- models of high-performing teams
- working with team dynamics
- introduction to systems awareness with teams
- resilience

Learning outcomes

- understand what team coaching is and its theories and models
- learn AoEC team coaching competencies and what they mean in practice
- increase experience and confidence in using your coaching skills and competencies with teams
- self-evaluate against competencies required for team coaches and identify your learning edge
- gain the confidence to offer team coaching in your coaching practice
- be able to run a team coaching session and lead a team coaching programme involving multiple sessions
- develop greater capability in responding to different situations and challenges teams and their coaches face

Who this programme is for

This programme is suitable for experienced external coaches, internal coaches, HR practitioners, L&D professionals and managers who are qualified or trained in executive or business coaching.

Should I do the Team Coaching Fundamentals or Systemic Team Coaching Certificate?

The Team Coaching Fundamentals Certificate is a broad-ranging introduction for coaches who have limited experience of working with teams and want a thorough grounding in the knowledge and competencies required to start coaching teams. It is a generalist introduction based on the AoEC's team coaching competency model which aligns to the ICF's published competencies.

The Systemic Team Coaching Certificate is a specialist programme for people with knowledge of coaching and significant experience of working with teams and team effectiveness tools and theory, but who now want to gain advanced skills in team coaching systemically using the Peter Hawkins five disciplines model. The Systemic Team Coaching Certificate is necessary for progressing onto the Systemic Team Coaching Diploma and also counts as module one.

If you have limited experience of working with teams or of team effectiveness tools and models, you might benefit from participating in the Team Coaching Fundamentals Certificate first as an introduction to the topic and then moving on to the more specialised Systemic Team Coaching training.

The AoEC Coaching Supervision Competency Model



A great introduction to team coaching. The learning experience was enhanced both by coaching practice and by the way that the course was designed around the AoEC coaching competency framework.

Jane Bradbury

Accreditation

This is a certificate level programme: on completion you will receive a certificate of attendance from the AoEC



Accredited with the International Coaching Federation (ICF) for 18 CCEUs (Continuing Coach Education Units) - 11 Core Competencies and 7 Resource Development.



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