



Adult Learning Courses

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qualifications & careers

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www.aclessex.com 0345 603 7635



Life Coaching Introduction

EWM3C60Y18

Time and duration

Start Date: 16 January 2019
Start Time: 18:00
Lessons: 5
Weeks: 5
Hours: 12.50

Location

ACL Colchester - CO1 2LR
Barrack Street
Colchester
Essex
CO1 2LR

0345 603 7635

Description

An ideal route if you want to improve your personal performance whether this is for home or work life. This course provides an introduction to a range of practical tools and strategies such as how to be an effective listener and effective communicator that supports building healthy rapport and relationships with people along with a deeper self awareness.

What Qualification/level is this course?

This course does not lead to a qualification, is for personal development and is at beginner level in this subject.

Who is this course for?

This course provides the first step for those who wish to explore coaching skills whether this is for use as personal development, improve career prospects within current employment or as the start of a new career pathway.

What can I expect to learn?

This non-accredited programme is a basic introduction to life coaching skills and practice. Topics include:

- An awareness of the characteristics of the coaching perspective
- What defines coaching rather than therapy and counselling
- Communication skills for coaching, including listening and building rapport
- The role and impact of values
- Practical tools and strategies for effective coaching
- How to be a reflective practitioner

How will I learn?

Tutor presentations, small and large group discussions, pair work, case studies, workshops, journal self reflections and personal research. Sessions will be interactive and equip participants with a range of tools for immediate application in their own lives and with others in their personal or professional life.

How will I know how well I am doing?

Assessment will be on-going throughout the course linked to an individual learning plan. Learners must be prepared to annotate this weekly to reflect on their learning and record progress.

Will I need to do any work at home?

Yes. You will be required to reflect on your own learning and complete an individual learning plan to identify your progress. You may also be asked to undertake short homework activities to endorse learning and confirm understanding. You may also like to undertake targeted reading of handouts and other materials as directed and do some research.

What will I need to provide?

Notebook and pen. You may find it advantageous to have an up to date library card to access a wider range of texts for research and to secure internet access if you do not have this at home.

Are there any other costs?

No. Reference will be made to a range of supporting texts which learner may wish to access for independent study however these are not essential to the programme.

What can I do next?

For information on ACL courses please see www.aclessex.com

The National Careers Service provides information, advice and guidance to help you make decisions on learning, training and work. The service offers confidential and impartial advice and is supported by qualified careers advisers. To make an appointment please call 0800 100 900 (calls are free from landlines and most mobile numbers) or visit their website:

<https://nationalcareersservice.direct.gov.uk>

Further information

For all enquiries regarding this course please contact 0345 603 7635.