

POST GRADUATE CERTIFICATE IN COACHING AND MENTORING

Module PCMM51 Advanced Coaching & Mentoring. Session Details - Truro Campus

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| Workshop 1 | Introductory SessionMains Aims:To ensure that participants are fully informed of the programme content, assessment tasks, requirements and criteria.To ensure that participants are familiarised with sources of support and electronic resources.To set the tone for the group’s work together on the module.To develop understanding of the scope of coaching and mentoring. | Content:* Welcome from Programme and Module Leaders
* Group intro exercise
* Programme Aims, Objectives, Ethos and Approach
* Group contracting
* Expectations of the programme
* Study skills – resources and support, including library and VLE
* Definitions and distinctions (Coaching and Mentoring)
* The purpose of coaching and mentoring - remedial or developmental?
* Influences and influencers
* Power and agency
* Programme assessment
* Reflective Journals
* ‘Homework’ – Key Learning Points; make a start on reflective journals; identify any questions to be addressed next time
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| Workshop 2 | Coaching and Mentoring SkillsMain Aims:To encourage reflectionand ‘self-evaluation’.To discuss and practice key skills. | Content :* Review/preview including key learning points from previous session
* Identifying skill sets
* Skills development (listening, questions, developing rapport, managing personal impact)
* Models for coaching and mentoring
* Structuring a learning conversation
* Environmental considerations
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|  | To enable participants to receive some feedback on their coaching approach. | * ‘Homework’ – Key Learning Points; investigate chosen ‘mini-research’ topic.
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| Workshop 3 | Coaching and Mentoring | Content:* Review/preview including key learning points from previous session
* Report back on practice progress
* Inputs from programme participants (e.g. relationship considerations, goal setting, emotional intelligence, coaching/mentoring models)
* Challenging your coachee/mentee
* Constructive feedback
* Academic writing and referencing
* Practice session
* Action Learning Sets – assessment tasks
* ‘Homework’ – Key Learning Points; reading and preparation for final workshop
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|  | Relationships and |
|  | Practice |
|  | Main aims: |
|  | To develop and increase |
|  | understanding of factors |
|  | that contribute to |
|  | successful |
|  | coaching/mentoring |
|  | relationships. |
|  | To enable participants to |
|  | share their own |
|  | knowledge and |
|  | experience. |
| Workshop 4 | Advanced Coaching and | Content* Review/preview
* Inputs from programme participants (e.g. transactional analysis, team coaching, coaching as a leadership approach, NLP)
* Supervision
* Practice session – pulling it all together
* Assessment tasks and action plans
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|  | Mentoring |
|  | Main aims: |
|  | To introduce a number |
|  | of different relevant |
|  | models/theories. |
|  | To enable participants to |
|  | share their own |
|  | knowledge and |
|  | experience. |
|  | To prepare participants |
|  | for the assessment |
|  | tasks. |