

## Start Your Journey as a Qualified Coach

### ILM Level 3 Award in Coaching

#### Help Others and Help Yourself

We will provide you with **free** training to gain an accredited **ILM Level 3 Award in Coaching**. All you have to do in return is agree to coach or mentor the next intake on our Involving People programme.

Our aim is to create a qualified pool of coaches to help our Involving People programme participants (see side panel).

'No Decision  
About Me,  
Without Me'

#### Develop Your Coaching Skills

Coaching is simply helping other people (colleagues or clients) to help themselves. It is a form of one-to-one support. We define coaching as "the art of facilitating the development of learning and enhanced performance of another". It is a very useful leadership style and skill to have in your management toolkit.

*"Our experience of running development programmes such as Involving People shows that some of the most valued support comes from one-to-one coaching".*

Richard O'Rawe, Programme Director

#### Pool of Qualified Coaches

We need a pool of trained coaches who are able to apply coaching techniques as a way of helping our Involving People (IP) participants to focus on and apply their learning between workshop sessions.

We will be working with them to develop their ability to deliver on the duty to apply Personal and Public Involvement (PPI) and where appropriate, Co-production processes when planning HSC services.

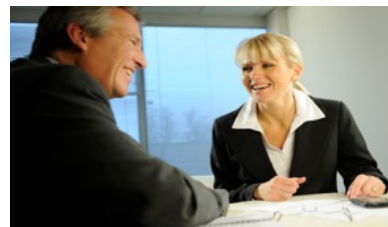
We will show you how to quickly get to know your coachee, listen, question, give feedback

#### About the Involving People Programme

You will be learning to coach people on the Involving People (IP) Programme.

The IP Programme recruits 20 people who want to learn how to involve people in the planning and delivery of health and social care services using Personal and Public Involvement and Co-production processes.

By coaching or mentoring participants you can help them to develop the mindset and skills needed to enable people such as service users and carers to become more involved in how decisions are made about them.



and where needed, give them valuable insights and advice so that they can achieve their learning goals.

#### Here's the Offer

We will train you to be an effective coach (at no charge to you<sup>1</sup>) if you will agree to take the time to practice your new coaching and mentoring skills and help our Involving People participants to plan and develop their personal and public involvement (PPI) skills.



#### What Can You Expect?

We will guide you through a **free** programme of facilitated learning and practice sessions to give you the confidence to go out there and try coaching techniques in a safe setting. We will provide:

- Workshops to help you acquire new knowledge and skills to enable you to coach on PPI and Co-production
- Background notes and learning materials that you can draw on for future reference
- Opportunities to practice in the workshop sessions with feedback on performance.

By engaging in and completing the programme you will gain an **accredited ILM Level 3 Award in Coaching**.

#### Programme Dates

Two full-day sessions are scheduled for **Monday 17 December and Tuesday 18 December 2018**. Half-day workshops are also scheduled for: 10<sup>th</sup> Jan 19, 19<sup>th</sup> Feb 19, and 12 Mar 19. The final session for ILM accreditation will take place on 9<sup>th</sup> Apr 19. If you are interested, please keep these dates free for the programme.

#### Application

Send us an email with a completed Application Form (see attached) to apply before **before 30 November 2018**.

[info@stellarleadership.com](mailto:info@stellarleadership.com)  
[www.stellarleadership.com](http://www.stellarleadership.com)

or call Richard O'Rawe, Programme Director, at 07525 234 311 for more information.



<sup>1</sup> This IP Coaching Programme is sponsored by the HSCB