

COACHING & MENTORING PROGRAMMES

“We are a purpose-led leadership practice striving to enhance Team Performance, and create meaningful change in people’s lives. We are a veteran founded company committed to delivering excellent training in three core strands of leadership, resilience and wellbeing”.

Mike Crofts - Founder & CEO

We care about our learner’s experience with us: they are not just acquiring a qualification; they are on a self-development journey, gaining valuable skills to enhance both their professional and personal lives.

WHY **COACHING** AND **MENTORING** IS IMPORTANT

Coaching is a skill that has benefits on many levels: for individuals it encourages self-reflection and personal development, and an openness to constructive feedback. Creating fundamental shifts in mindset and approaches to work is the key to lasting improvements in self-confidence and quality of work. At an organisational level, this creates an environment in which employees are empowered to take responsibility and offer peer-to-peer support.

Formalised coaching and mentoring training demonstrates organizational commitment to personal development; key to maintaining employee engagement. The skills, as well as benefiting the individual, bolster the organisation’s performance by empowering people to collectively perform at a higher level.

WE CAN OFFER **ONLINE** OR **BLENDED** LEARNING OPTIONS:

- Full access to our extensive online resources and webinars;
- Online assignment clinic;
- Email based support and guidance from a tutor;
- Video-call coaching supervision workshop.

ADDITIONAL IN PERSON LEARNING:

- Coaching calls with our expert coaches either by phone or video;
- Day long in-person Coaching & Mentoring workshops;
- Video or in person supervision interview to complete the assessment.

All learners will gain access to our online platform, networking forum and resource library, which includes leadership and wellbeing resources. Additional in-person workshops can be built into your programme structure.

ILM ACCREDITED LEVEL 5 AND LEVEL 3 QUALIFICATION OPTIONS:



Level 3 Certificate in Effective Coaching and Mentoring



Learners must plan and undertake 12 hours of coaching/mentoring.

Total Guided Learning Hours: **31**
Total Qualification Time: **130 hours**

Level 5 Certificate in Effective Coaching and Mentoring



Learners must plan and undertake 18 hours of coaching.

Total Guided Learning Hours: **42**
Total Qualification Time: **160 hours**

Level 3 Award in Effective Coaching and Mentoring



Learners must plan and undertake 6 hours of coaching/mentoring.

Total Guided Learning Hours: **29**
Total Qualification Time: **97 hours**

Level 5 Diploma in Effective Coaching and Mentoring



Learners must plan and undertake 54 hours of coaching.

Total Guided Learning Hours: **50**
Total Qualification Time: **380 hours**

These qualifications are for those at all levels who want to develop their coaching knowledge, skills and understanding in order to enhance their ability and confidence in coaching. The qualifications are ideal for both new and existing coaches.

These qualifications are for managers and those with significant responsibility for effective coaching and mentoring as part of their daily role within an organisational context.

WHY TRAIN WITH US

At Amodigo, we believe in action-based learning. Instead of theoretical problems or scenarios, we guide your teams to challenge themselves to identify solutions to real-time issues, and champion best-practice. Together we create actionable projects that enhance your company's performance.

Our programmes focus on:

- empowering teams to share knowledge:
- enhancing networks and relationships within your company.

We are leaders ourselves, not just professional trainers, with a passion for developing others and providing excellent training provision in a dynamic and engaging way.

amodigo.com | info@amodigo.com

