

What will you get?

- Assess your own skills, knowledge and behaviours as a coach and mentor.
- Know how to manage the coaching or mentoring process within an organisation.
- Plan, deliver and review coaching and mentoring.
- Networking and peer learning opportunities.
- All workshops, ILM registration, tutorial support, assessment, and ILM qualification certificate on successful completion.

“It took me out of my comfort zone but was one of the most useful courses I have been on.”

How to apply

If you want to develop your coaching and mentoring skills, we want to hear from you. Here's how to apply:

- 1** Speak to your budget holder.
- 2** Contact Lee Baker:
lee.baker@keystonetrainingltd.co.uk
- 3** Receive your Joining Information and get ready to learn!



ILM Level 5 Certificate in Effective Coaching and Mentoring

This online qualification is ideal for you if you want to use coaching and mentoring as part of your daily role.

£960 + VAT per person

What will the programme cover?

Module 1

2 x 3-hour online sessions

- Understand coaching and mentoring in organisations.
- Practice coaching skills (questioning, listening, observing, and feedback).
- Manage coaching relationships (contracting, conclusion, records).
- Explore coaching supervision and its value.

Module 2

2 x 3-hour online sessions

- Use planning, goal setting, and diagnostic tools.
- Manage sessions, record progress, and develop with feedback and supervision.
- Real coaching practice.

Module 3

2 x 3-hour online sessions

- Reflect on coaching impact and development.
- Analyse feedback and quantify your impact.
- Create a Personal Development Plan for ongoing growth.
- Develop a reflective journal showcasing your coaching journey and future goals.

