

Coaching Qualifications

The Institute of Continuing Education (ICE) offers two undergraduate coaching qualifications, at Certificate (FHEQ4) and Diploma (FHEQ5) levels.

Both qualifications take place part-time over the course of 1 academic year, comprising 4 workshops per term followed by periods of online study. Details as follows:

<p>Certificate in Coaching, 60 Credits at FHEQ4</p> <p>Units</p> <ul style="list-style-type: none"> • Introduction to coaching: core skills and methodologies • Raising awareness in self and others • Coaching applications and practice <p>Details across the year</p> <ul style="list-style-type: none"> • 12 workshop days • 9,000 – 10,500 words assessed • 20 hours coaching practice outside of the course • 250-500 (c.) hours VLE study time 	<p>Diploma in Coaching, 60 Credits at FHEQ5</p> <p>Units</p> <ul style="list-style-type: none"> • Psychological approaches to coaching • Personal and professional development • Coaching and change <p>Details across the year</p> <ul style="list-style-type: none"> • 12 workshop days • 10,500 – 12,000 words assessed • 40 hours coaching practice outside of the course • 250-500 (c.) hours VLE study time
---	---

Which course?

Some students have concerns over which of the coaching qualifications is most appropriate for them. This guide is intended to help you if you are in this position.

Students are encouraged to complete the Certificate first, to ensure there are solid foundations upon which to build coaching practice.

Please be aware that joining at the Diploma stage means that you would be working with, amongst others, those who have completed the Certificate (or equivalent) and built up a substantial base of coaching hours, together with relevant underpinning academic knowledge.

<p><u>Certificate</u></p> <ul style="list-style-type: none"> • This is an entry level qualification. It is ideal for people 	<p><u>Diploma</u></p> <ul style="list-style-type: none"> • This builds upon the learning and development acquired by
---	--

<p>who are new to coaching or who have had a short- course or one-day introduction to the subject area.</p> <ul style="list-style-type: none"> • It introduces students to the core skills and methodologies of coaching – including effective questioning and listening, giving and receiving feedback and introduction to useful coaching concepts and process models. • If you have a higher level qualification, don't be put off by this qualification at FHEQ4. Coaching is distinct from many management and leadership qualifications. It is highly experiential. • Its purpose is to ensure all students can conduct straightforward coaching sessions and should be able to demonstrate competence in working effectively with the psychological and emotional dimensions of coaching. • It encompasses personal development (knowing oneself to know others) as integral in coaching development. • It requires evidence of practical coaching, underpinned by appropriate academic knowledge. • It is designed to lead directly into the Diploma. 	<p>students in the Certificate.</p> <ul style="list-style-type: none"> • Students are expected to be aware of and have experience of the core coaching methodologies taught in the Certificate. They should understand the importance of creating a safe coaching environment and be able to conduct straightforward coaching sessions. • The Diploma explores coaching at deeper levels and includes significant elements of coaching psychology, personal & professional development and coaching as an effective approach alongside change. • Students who have not completed the Certificate should be able to demonstrate competence in coaching and the application of coaching models.
---	--

Still unsure?

The Academic Programme Manager Victoria Steenkamp is very happy to communicate with interested students: ug-awards@ice.cam.ac.uk or +44 (0)1223 746236