



**Open On-line
Coaching Course**

Foundations
of Coaching

December 1st 2014 to February 20th 2015



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The OOCC 'Foundations of Coaching' course is a 12 week experiential programme. It includes 120 minutes of audio-visual programming and weekly opportunities to practice your newly acquired coaching skills. You will be guided to apply a new easy-to-implement skill each week so that by the end of the course you will have constructed a solid base on which to build your coaching future.

01/12/14 to 07/12/14	What is coaching?	Video & test	Coaching practise
08/12/14 to 14/12/14	Where to start?	Video & test	Coaching practise
15/12/14 to 21/12/14	When to coach?	Video & assignment	Coaching practise
22/12/14 to 28/12/14	What to look for?	Video & assignment	Reflection & reading
29/12/14 to 04/01/15	What to ask and say?	Video & assignment	Reflection & reading
05/01/15 to 11/01/15	How to listen?	Video & assignment	Coaching practise
12/01/15 to 18/01/15	What to think?	Video & assignment	Coaching practise
19/01/15 to 25/01/15	What to expect?	Video & peer assess	Coaching practise
26/01/15 to 01/02/15	How to behave?	Video & peer assess	Coaching practise
02/02/15 to 08/02/15	What's confidential?	Video & peer assess	Coaching practise
09/02/15 to 15/02/15	How do you know?	Video & test	Coaching practise
16/02/15 to 20/02/15	What next?	Video & exam	Coaching assignment

In this 12 week course you will learn:

- Professional definitions and ways to articulate 'coaching'
- How to structure a 'Brilliant Coaching Conversation'
- How to begin coaching effectively

Free to access - Verification \$87

Signing up for the course



Taking part in the course is completely FREE. You may access all 12 weeks of lessons and the peer group discussion forums for absolutely no charge. However if you want to demonstrate to a potential employer, or just yourself, that not only have you completed the course but you've learned something then you need to be part of the VERIFICATION programme. In addition to receiving a graded certificate of completion you will also be able to take part in organised coaching practise sessions, you will undertake a peer assessed coaching assignment and will be tested and examined to demonstrate that you are ready to start applying your new found coaching knowledge and skills



What you get and what you give

OOCC's are a means of open learning that bring quality training to the widest possible audience by removing as many barriers to entry as possible. Anyone may sign up for the programme and access all of the training sessions completely free of charge. For a very small fee you can extend your learning to include testing, verification and organised practising of coaching skills, the successful completion of which will earn you a certificate of successful completion from the iABCt.

One of the great benefits of these open courses is that you get to learn and immediately apply what you have learned, both in the practise sessions and by peer assessments. By signing up for the verified course you will not only be completing tests, an exam and an assignment but you will also be providing feedback on the work of 6 other participants on the programme

If you sign up for the verified course, over 12 weeks you will undertake 3 cumulative tests of your learning, 9 'live' coaching practise sessions that are recorded for you to review, a peer assessed assignment that demonstrates you are putting into action what you are learning, and a final exam

You will be tested to verify understanding

You will practise to apply what you learn

You will undertake a real coaching assignment

Overall rating of 80 or above = Distinction

Overall rating of 70 to 79 = Merit

Overall rating of 50 to 69 = Pass

Less than 50 = Completion certificate only

Verification tells an employer that you have learned these skills and have been tested in applying them

All iABCt courses conform to the International association for Coaching Code of Standards and Ethics. Verified training hours may be used towards applications for formal coaching accreditation. Successful completion of foundation programmes improves the opportunity to access higher level programmes at the iABCt.



So how does this work?



The course may be accessed for free, you will be enrolled into the discussion group and you may participate in all but the verification activities. To receive an award for completing the course, participate in the verified practise activities, tests and assignments is just \$87



If you join the course for free there is no testing, however if you opt to be verified then you will be tested four times; three tests during the programme and one final examination at the end of the 12 weeks. The cumulative scores for the tests will be used in conjunction with a peer assessed assignment to determine your grade



The course consists of 12 weekly video presentations from an expert coach trainer. Each week has a specific topic and comes with a set of support notes relevant to the project assignment and available to anyone signed up for verification. Access to the weekly videos and the discussion forums associated with the topic is available for all



In addition to the video presentations there will be bonus pod-casts made available to anyone on the course. Those opting for verification will also have access to recordings of their own practise sessions.



Introducing your tutor for the course



Martin Goodyer



Martin Goodyer is a leading International Business Coaching expert. He is an Executive Coach of outstanding quality, skill and experience; his more than 30 years of combined business management, consulting, training and coaching experience have helped many clients achieve significant improvements in business performance and profitability. Highly skilled as a 1-2-1 coach and coach trainer Martin also uses a facilitative coaching approach in the following specialism's:

- **Key Note Coach:** Martin has spoken to live audiences of up to 1500 people in conferences and seminars in Europe, the USA and Asia
- **Radio Coach:** Martin is the on-air psychologist for BBC local radio and regular contributor on national radio
- **T.V Coach:** Martin was the on-screen coach for Channel 4's 'The Fit farm' and the series psychologist for ITV's 'Jack Osbourne Adrenalin Junkie' and featured on BBC's Inside-Out
- **Workshop Coach & Trainer:** Martin has led conference and team building workshops for, among others, international IT groups, the NHS, Construction, Haulage and Public sector groups of up to 100 delegates simultaneously
- **Group Coach:** Martin has facilitated and coached mixed groups from different or differing parts of organisations, each with unique and unrelated goals
- **Team Coach:** Martin has extensively coached work groups with shared aims and objectives
- **Coach Author:** Martin is regularly published in the International Coaching News' and is the author of several books and articles on coaching and professional presenting

His unique background includes not only a career of over 18 years as a full time coach, but also a business management career with international hotel companies, directorship with quasi-autonomous non-governmental bodies, change management consulting within both the public and private sector, as well as executive and business coaching within the financial, media, utility, construction, professional sports and information technology sectors.

