

Overview of the Infinite Learning course

- ❖ In every coaching session, a range of themes and ideas will be explored relating to how coaching supports student and professional learning
- ❖ Every session will include at least one activity where course participants practice using a coaching model (with trainer and peer feedback)
- ❖ The trainer will adapt the focus of each session to meet the needs of the group, but below are the likely themes:

Session 1: Introduction to coaching and the K, S, Bs of a coach ★ How does it align with the principles of learning? ★ In what 1:2:1 and group contexts can coaching be deployed? ★ What are the knowledge, skills and behaviours associated with effective coaching? ★ Asking well-framed questions: e.g. evidence checking, goal orientated, hypothetical, impact, intention, implementation ★ Effective and ineffective listening styles, habits and skills	Session 2: Coaching in TLA contexts ★ Coaching in the classroom and other TLA contexts: e.g. to support adaptive teaching, stretch and challenge, group discussions, peer learning, 1:2:1 feedback, case studies, dilemmas, play based learning, role play ★ Different schools of coaching: e.g., solution focused, narrative and cognitive behavioural coaching ★ Laser focus and wide-angle perspectives
Session 3: Coaching to cultivate curiosity and self-agency ★ Coaching to cultivate curiosity e.g. about self, other people, the learning topic, wider issues ★ Coaching to support metacognition, self-agency, growth mindset and independent learning	Session 4: Coaching to nurture resilience ★ Coaching to nurture resilience and self-leadership ★ Combatting the opposite of curiosity: e.g., confirmation bias, fixed mindset, learned helplessness, self-sabotage, catastrophising
Session 5: Coaching to overcome procrastination ★ Why do people procrastinate and how can coaching overcome it? ★ Coaching to thrive in times of change, uncertainty and transition; VUCA contexts (volatile, uncertain, complex and ambiguous) ★ Coaching different personality types: e.g., high performers; people pleasers; the disengaged; introverts and extroverts	Session 6: Self coaching ★ Self-coaching: e.g., to support problem solving, decision making, resilience, emotional intelligence, creativity, adaptability and to combat anxiety ★ Review of the course and next steps

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- ❖ After completion of the [Infinite Learning](#) six session course, participants will be able to [contact Bob](#) if they would like to enquire about taking a graduate level qualification: [ILM Level 5 Certificate in Effective Coaching and Mentoring](#). This involves two extra days of training, writing three assignments (1 x 5000 essay; 1 x reflective diary based on coaching three different people; 1 x self-assessment and action plan). The cost of the additional ILM qualification will be a very competitive £900 (UK):
- ❖ If you have any colleagues who are senior leaders, they can take the following course: [ILM Level 7 Certificate for Executive and Senior Level Coaches and Mentors](#) (for SLT)