

Overview of the [Infinite Learning](#) course

- ❖ In every coaching session, a range of themes and ideas will be explored relating to how coaching leadership and learning contexts
- ❖ 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 leadership and 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 Leadership and TLA contexts ★ Coaching in leadership contexts: e.g. coaching line reports; conducting challenging conversations; coaching to support change, in times of uncertainty and for organisation development; coaching high performers; coaching senior colleagues; embedding coaching in school contexts ★ Coaching in the classroom and other TLA contexts ★ Different schools of coaching: e.g., solution focused, narrative and cognitive behavioural coaching
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 autonomy, self-agency, motivation, independent learning and for aspiring leaders	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

- ❖ 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 or post graduate level qualification in coaching and mentoring (see below). This involves two extra days of training, writing three

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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) for the L5 course or £1000 for the L7 course:

- ❖ The [ILM Level 5 Certificate in Effective Coaching and Mentoring](#) (for teachers, support staff and middle managers)
- ❖ The [ILM Level 7 Certificate for Executive and Senior Level Coaches and Mentors](#) (for SLT)