



ILM 7 CERTIFICATE FOR EXECUTIVE AND SENIOR LEVEL COACHES AND MENTORS – 2024/25 Programme

A qualification offered by Lois Burton Ltd current preferred supplier for ILM coach training programmes to the [University Of Manchester](#)

Develop your expertise and accredit your experience as a professional coach and mentor.

Who is this qualification for?

This qualification is designed for senior managers or HR/OD professionals who want to develop their expertise and credibility in the fields of coaching and mentoring, or to establish coaching on an organisational level. It's also for professional coaches and mentors seeking to enhance and accredit their experience with a nationally recognised qualification.

Results for you

- Build the context, strategy, culture and processes for coaching and mentoring at a senior and strategic level;
 - Understand and analyse different coaching and mentoring models and their impact at executive level;
- * Make a real difference to leadership performance in your organization;
- Advance your coaching and mentoring skills to the next level;
- * Build your emotional intelligence, capacity to deal with inner game issues and make psychological interventions in your coaching practice;

- Plan, deliver and review coaching and mentoring with clients at a senior and strategic level.

Impact for your organisation

- Implement coaching in complex working environments or at a senior and strategic level in your organization;
- Ensure that your organisation's coaches and mentors are properly equipped with the skills, knowledge and ethical understanding they need;
- Benchmark your organisation's approach against the latest best practice;
- Measurable impact on leadership performance in the organization.

What is involved?

ILM Minimum Requirements

15 Learning Credits equivalent to 150 hours learning Minimum 45 hours of which to be guided learning

Breakdown Of Required Elements And Learning Hours

1/2 day Induction session

5 x 1 day workshops

4 x 1/2 day Coaching

Development Groups

(based on action learning principles, including 2 hours of group supervision)

2 x 1 hour 1-1 supervision sessions

3 x 1-1 tutorials to support your completion of the assessed elements

20 hours of Coach Practice

Setting up and preparing

For coach practice (including coaching supervision)

Reflective Learning and Development Of Coaching Diary

Preparation, research, writing

and submission of work based assignment

Self Directed Learning : development of a bank of coaching resources, engaging with virtual resources, contribution to group learning and personal research

Total : 171.5 hours of which 47.5 are guided learning hours

Outline Of Planned Content

1/2 day induction which will introduce the programme and allow space for delegates to understand the programme, its structure, how they will be assessed and supported. Also what the nature of executive and leadership coaching and mentoring within the candidates' organisations will look like and how this can be measured.

5 x 1 day modules which will build body of leadership and executive coaching and mentoring skills and knowledge.

4 x 1/2 day coaching development groups primarily focused on developing coaching skills and including observed practice. These also include group supervision and one of the half days will be solely devoted to group supervision.

Modules include substantial amounts of practice and feedback from both tutors and other delegates. Delegates will also participate in coaching demonstrations and practice in both small groups and "goldfish bowl setting" in modules three and four.

Delegates will also be required to practice 20 coaching hours with real clients over the course of the programme and keep a record of their coaching sessions and self reflections.

The Level 7 Programme also includes 2 x 1-1 sessions with coaching supervisor and 2 hours of group supervision.

This is a highly interactive programme with emphasis on both individual and group learning. The programme will include a substantial amount of in person learning with some virtual sessions.

Assessment methodology:-

- Delegates will be asked to keep a Coaching Reflective Diary to record their coaching practice - this will be monitored by the tutors, and candidates will be given ongoing feedback on their progress. They will need to commit to doing a minimum of 20 coach practice hours in total plus the coach practice on the modules. There will also be a written assignment.
- Each candidate will have a personal tutor and be offered 3 x 1 hour tutorials following the end of the taught element of the programme to assist with the completion of both the coaching diary and the assignment.
- Observed practice sessions with feedback will be run on each module and within the coaching development groups
- There will also be a requirement for self directed learning including reading, contribution to group learning in workshops, coaching development groups and group supervision, developing a bank of coaching resources and tools and personal reflection following feedback.

Dates of 2024/25 Programme

2024/25

• Induction	19 th June 2024.	10.00 - 12.00
• Workshop 1:	15 th October 2024.	10:00 – 16:00
• Coaching Development Group 1:	12 th November 2024.	10:00 – 13:00
• Workshop 2:	27 th November 2024.	10:00 – 16:00
• Coaching Development Group 2:	11 th December 2024.	10:00 – 13:00
• Workshop 3:	14 th January 2025.	10:00 – 16:00
• Coaching Development Group 3:	11 th February 2025.	10:00 – 13:00
• Workshops 4 & 5:	5 th & 6 th March 2025.	10:00 – 16:00
• Coaching Development Group 4:	18 th March 2025.	10:00 – 13:00

The programme will be delivered with a blend of face to face sessions and online learning to cover the requirements for delegates to be skilled in both in person and online coaching. All face to face sessions are in Central Manchester.

Total Cost £3,497.00 plus VAT : If you book before 30th April 2024 you can secure your place for £2,897.00 plus VAT (£600.00 discount)

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Testimonials from Previous Delegates

“The ILM7 coaching and mentoring programme comprised the right blend of practical and theoretical training and there was ample opportunity to build upon and sharpen my coaching skills in a lively and supportive environment.

Lois Burton is an accomplished coach and training professional and the sessions were both engaging and informative. I'm very happy to recommend this programme to anyone wishing to take their learning to the next level.

After completing the ILM7 programme I have successfully set up my own coaching practice”

Anita Saini-Golding
Executive Coach (2023)

“I have recently completed my ILM7 Executive level Coaching and Mentoring course with Lois. Having worked in L&D for a very long time, I had been using coaching skills in my day-to-day for years but I never felt comfortable referring to myself as a coach and saw this as an opportunity to build on what I knew and formalise those skills. Lois was so helpful from the start, helping me understand which course would be right for me as I hadn't had any formal coach training before. The course was great, the face-to-face days were amazing, and with the support of Lois and the fantastic women in my cohort my skills developed quickly. With all the coaching practice, supervision and workshops I now feel confident enough to call myself a coach!”

Vicky Keith
Executive Coach (2024)

"I gained great benefit and enjoyment from attending the ILM 7 coaching and mentoring programme run by Lois Burton.

I found it very stretching and had lots of opportunities to practise new skills, with a great cohort of leaders from other organisations.

The psychological insights very particularly interesting and useful and I apply these on a day to day basis in my executive role.

With the programme being led by a master coach, I was confident that the host of tips and techniques shared were borne from significant practical experience. As a trainer and coach Lois was a great role model, very clear, supportive and generous. I would thoroughly recommend this programme to anyone seeking to develop and hone their coaching skills"

Penny Aspden
Executive Coach