

Pre-course session

CHARLIE MITCHELL



Today we are exploring

- My coaching experiences
- My vision
- Creating a safe space for working together
- Ways to take part
- Principles underpinning our coaching, including equitable power
- Overview of resources you have access to including Association for Coaching
- Coaching accreditation requirements

My coaching experiences

- Charlie Mitchell
  - Heard about coaching aged 17
  - Bursary when I was 23 - Life Coaching Diploma
  - Qualified aged 25
  - Ran national coaching programme aged 30
  - Set up ILM Levels 5 and 7 in Coaching and Mentoring programmes for senior staff
  - Had my children!
  - Started coaching parents during lockdown
  - Here to share

Vision

- Army of parent coaches who can coach other parents with children who experience the world differently
- Use their experiences to benefit their own families and the families of the people they work with
- Gather information about what life is like for parents that we can use to campaign and get more support for parents and families

Creating a safe space for working together



Creating a **safe space** for working together



Creating a safe space for **working together**



3 ways to take part in the course

1

Watch the recordings

Do the course in your own time and just absorb the content for your own interest

2

Take part in the live sessions and do the homework

Learn as much as you can from the process we have designed so that you get as much as you can out of it

3

Complete the requirements for the accrediation

We have made it as simple and straightforward as possible so that you can get the accredited certificate while developing your own coaching skills

Principles underpinning our coaching

- Dual listening
- Coach's self-management
- The coach dances in the moment
- Coaching is holistic
- The coachee is naturally whole
- The coachee is naturally creative
- The coachee is naturally resourceful
- The coachee has capacity to heal
- The agenda comes from the coachee
- Forwarding the action and deepening the learning
- Unique fulfilment
- Creating a safe space to work together
- Curiosity
- Intuition
- Finding balance
- Being with what is here and now
- These principles have been adapted from the Co-active Coaching Model as outlined in Co-Active Coaching: The proven framework for transformative conversations at work and in life-4th edition (Kimsey-House et al, 2018)

Resources you can access

- Pre-recorded videos
- Live sessions on Tuesday evening and Thursday lunchtime
- Reflective sheets – what you have learned
- Learning log – keep track of the sessions you have taken part in
- Dual listening sessions x 12
- Coaching practice sessions x 32 half hour sessions
- Action learning / group coaching x 5
- Regular group open sessions to explore what you need x 9
- 2 x 30 min tutorial / supervision sessions
- Online Facebook group to share ideas and ask questions
- Signal app group to share ideas and ask questions
- Support getting more coaching hours if needed

Coaching accreditation requirements

- 60 hours of guided learning - we provide
- 40 hours of self-study / reflection - built into the course
- 20 hours of coaching practice – 16 hours as part of the course
- Support to get 4 hours coaching if required
- 3 or more coaching models – we provide (introduced 1 today in our coaching principles which are based on co-active coaching model)
- Minimum of 1 observed / recorded coaching session
- Observation and feedback – will be given on recorded sessions
- Learning logs – provided for you
- Reflective journaling – provided for you
- Reflective group discussion – through action learning sets
- 1-1 and/or Group Supervision – through individual tutorials and action learning sets
- We have done the hard work so you can follow the steps and complete the course!