

# Open your eyes to new possibilities

**NEW OPEN  
PROGRAMME  
STARTS JANUARY  
2020**



## ILM 5 Certificate/Diploma in Effective Coaching & Mentoring

### Aims (Objective)

The Level 5 Certificate and Diploma in Effective Coaching and Mentoring are ideal qualifications for managers with significant responsibility for Coaching and Mentoring as part of their day-to-day role. They are also designed to develop learners planning to move into a development role or start a career as a freelance Coach and Mentor.

### Delivery

The programme is delivered across 5 workshops with the emphasis being on 50% coaching skills practice, observation and vital feedback with highly experienced Executive Coaches at each workshop.

Using facilitated modules, pre and post session study and research, self-facilitated learning groups, personal coaching, supervision and ongoing/summative assessment, this qualification helps you build an understanding of the role and responsibilities of the workplace coach and mentor, how coaching and mentoring can impact an organisation, be able to assess your own skills, behaviour and knowledge, and plan, deliver and review coaching and mentoring within an organisation.

### 2020 WORKSHOP DATES

**Venue: West One, Wellington Street, Leeds.**

We are now recruiting for our next Open Programme due to commence in January 2020.

**Session One:**  
Wed 29<sup>th</sup> January 9.30 - 4.30

**Session Two:**  
Tues 17<sup>th</sup> March 9.30 - 4.30

**Session Three:**  
Wed 6<sup>th</sup> May 9.30 - 4.30

**Session Four:**  
Tue 23<sup>rd</sup> June 9.30 - 4.30

**Session Five:**  
Wed 9<sup>th</sup> September 9.30 - 1pm

Plus: One additional half day workshop for Diploma qualification.

To book your place on our ILM Level 5 Certificate or Diploma Open Programme or to discuss how we can tailor a training programme within your organisation, please contact Suzanna Prout, MD, Xenonex Ltd, on 0113 322 9234 or email: [katy.hebblewhite@xenonex.co.uk](mailto:katy.hebblewhite@xenonex.co.uk)

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## Course Units

1. Understanding the Skills, Principles and Practice of Effective Coaching and Mentoring within an Organisational Context.
2. Undertaking Effective Coaching or Mentoring within an Organisational Context.
3. Reviewing own ability as a Coach or Mentor within an Organisational Context.

*The certificate requires learners to demonstrate their ability to plan, deliver and review at least 18 hours of coaching and mentoring in their workplace. (For the Diploma, this is extended to 54 hours of coaching and mentoring, with multiple clients and there is an added focus on using supervision and reflective review to develop individual practice.)*

## What's included

### The ILM Level 5 programme includes:

- 5 workshop sessions
- ILM registration with ILM membership for qualification lifetime
- Access to our Xenonex Online Portal
- 1:1 and Group Supervision
- External assessment costs
- 1-1 and ongoing support
- Course certification
- Lunch and refreshments.

This is a comprehensive, recognised training programme that offers excellent value for money with a balanced approach to both theory and practice of effective Executive Coaching and Mentoring. A 10% non-refundable deposit is required upon registration to secure your place.

**ILM Level 5 Certificate cost: £1800 + VAT**

**ILM Level 5 Diploma cost: £2500 + VAT**

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I have really enjoyed every aspect of the course which has been both challenging and inspiring. It has allowed me to develop and grow additional skills in coaching that has made a profound and life changing impact on how effectively I function as a manager and how I manage my staff. Coaching is now an integral part of my management style and I can see the positive ripples of this approach impacting in every aspect of the department, the Academy and the college. ”

**Katherine Dixon**

Deputy Director Academy of Wellbeing  
Doncaster College

“

The ILM 5 course has been the most inspiring course I have ever been on. I loved every minute of learning how to become an effective coach. Going on this journey of discovery with an amazing group of people has made it even better. Thank you to Suzanna and her fabulous team for teaching, coaching and supervising. I have learnt so much from you all. ”

**Louise Grant**, Lecturer

Gateshead College

Xenonex Ltd, West One, Wellington Street,  
Leeds LS1 1BA.  
TEL: 0113 3229234

Harrogate Business Centre, Suite 33-35,  
Hookstone Ave, Harrogate, HG2 8ER  
Tel 01423 876371

**www.xenonex.co.uk**



## Why Xenonex

At Xenonex, we don't settle for second best - as an experienced and dedicated team, we know just how much it takes to keep raising the bar. Our impressive track record of success and our loyal and growing client base demonstrates our focus on getting it right for our clients every time.

Despite our great credentials, we don't blind you with science. We pride ourselves in delivering engaging programmes using a combination of flexible and innovative approaches. Complex issues made SIMPLE.

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