

**DIPLOMA IN BUSINESS,
EXECUTIVE & PERSONAL COACHING**
OCTOBER 2009 TO MAY 2010



Professional Coach Training



Endorsed Awards

www.coachinstitute.ie



www.emccouncil.org

Coach Institute of Ireland

The Coach Institute of Ireland is the longest established Professional Coaching Training Organisation in Ireland. Our programme is led by experienced Coach trainers with backgrounds in Coaching, Business, Training & Development, HR and Psychology. The Training Programme is endorsed by the ILM (Institute of Leadership & Management), Approved for CPD credits for members of the PSI (Psychological Society of Ireland) and Engineers Ireland (for CPD). The Programme is also accredited by the Life & Business Coaching Association of Ireland (LBCAI).

Coach Institute of Ireland is member of EMCC (European Mentoring & Coaching Council) and all involved in our organisation abide by the EMCC Code of Ethics, see www.emccouncil.org

What is the Objective of the Training Programme?

The Training Programme provides an opportunity for individuals to reach a higher level of competence where they can incorporate Coaching into their existing role or work independently as a Coach.

In addition to learning a comprehensive set of skills, individuals will be provided with opportunities to enhance their self-awareness, to develop a more accurate self-assessment, and provided with opportunities to greatly enhance their own self-confidence. Programme participants will then be better positioned to assist other individuals to explore, at a deep level, their own levels of self-awareness, and where they want to go in their own Life and Careers.

Who will benefit from the Programme?

Individuals who are grounded and self-directed, with backgrounds in Business, Management, Leadership, Human Resources, Training & Development and Service or Helping Professions. Individuals need to be motivated to enhance their own level of self-awareness as well as looking at how they can be more effective in their Personal and Professional life.



How will you learn?

Learning will be experiential and practical. You will learn by doing and practicing, rather than by traditional lecture style. Your own input into the programme is valued as you find out more about yourself and learn to implement Coaching skills and attitudes at work and in your life. A significant amount of 'off-course' work during the year will reinforce your learning.

Why should you choose Coach Institute of Ireland?

1. The Business, Managerial and Psychological strengths of the Coach Institute of Ireland training team.
2. A programme that both teaches the Skills of Coaching and also addresses the 'Self-Awareness' and 'Being' aspects of the individual.
3. A face-to-face Interview that ensures you are 'right' for the programme.
4. An opportunity to participate in a Peer Learning Group of individuals to assimilate the learning on the programme.
5. The training programme is significantly longer and more comprehensive than other Coach Training Programmes.
6. The Programme incorporates a highly experiential psychological based 2 day Development Module, which brings Programme participants together from all over Ireland.
7. Programme participants are invited to participate in the Annual Coach Institute of Ireland Graduates Training Conference as an optional extra to their core training.

Training Content

Below are some of the areas and concepts which you will explore and learn on the programme. For a more complete list see our website.

Coaching/Communication Skills
How To Gain Rapport
Client-Centered Coaching
Emotional Intelligence In Life & Work
Goals and Goal Setting
Values & Coaching

Coaching Executive, Owner-Managers, Professionals
Changing Limiting Beliefs
Self-Sabotage
Thinking Skills for Coaches and Clients
Self-Management

Developing Your Intuition
Accreditation Issues
Ethics of Coaching
Professional Issues
Developing Your Self-Awareness



Training Length/Times/Venues/Dates & Participant Requirements

The training lasts a full academic year, and comprises 165 hours, including the optional Coach Institute of Ireland Graduates Training Conference. Generally programmes are held over one evening a week or over 10 weekends.

For details of the programme in your area call your local trainer (*see back of brochure*) or consult the website. A significant amount of off-course work is required by course participants. Off-course work includes peer coaching practice, keeping a reflective journal of learning & doing a case study.



Accreditations & Endorsements

The Diploma given by the Coach Institute of Ireland is recognized by the following bodies:

- Life & Business Coaching Association of Ireland (LBCAI).
- The Institute of Leadership and Management (ILM).
- Approved for CPD credits for members of the Psychological Society of Ireland (PSI)
- Engineers Ireland (for CPD).



Professional Bodies

Coach Institute of Ireland is a member of EMCC (European Mentoring & Coaching Council) and all involved in our organisation abide by the EMCC Code of Ethics, see www.emccouncil.org

To arrange your interview or to get more information call your local centre

Dublin North
Brian Hennessy 087 2179967

Dublin South
June Duffy 086 2301520

Dublin 2 & 4
Anne Corcoran 087 2382436

Dublin West
Grainne Carriackford - Kingston
087 6379765

Cork
Joe O'Connor 086 8415493

Carlow/Kilkenny
Mary Foley 086 1510057

Ennis
Jack O'Sullivan 086 8119032

Galway
Evelyn P.Gilmore 087 7944048

Kildare
Emer McDermott 085 7491767

Limerick
John Flynn 086 8123834

Westmeath
Jeanette Rigney 087 9960691

Wicklow
Klaas Jan de Vries 087 2311480



Number of Participants

In order to allow adequate feedback to you on your progress, the ratio of trainees to group leaders is 12:1

Cost

€4200

Directors of Coach Institute of Ireland:

Mike O'Halloran

MA (Couns), BA, H.Dip.Ed., European Certificate in Psychotherapy, EMCC, MLBCAI, MIACP, MIAHIP.

Mike is former Marketing Manager for Golden Pages. In 2000 he established Coach Institute of Ireland. He works with individuals, groups and organizations as a Business Coach and Facilitator.

Evelyn Gilmore

BA., M.S.c., (Work & Organisational Psychology), Reg.Psychol., Ps.S.I., EMCC, FIITD, MLBCAI.

Evelyn has extensive experience of working with world class manufacturing organizations, has conducted research on leadership development and emotional intelligence, and lectures in the Department of Management, NUI Galway, on Organisational Change.

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