

SHORT COURSE: BUSINESS AND LIFE SKILLS COACHING

DESCRIPTION

This short course offers an in-depth examination of the core elements and techniques of business and life skills coaching, from setting the foundation for coaching, through understanding of the subconscious process of the potential coachee in the coaching process, to aligning the coaching outcomes with corporate strategy.

This course is aimed at managers, human resource specialists, psychologists and business leaders in the broad business environment who wish to build their skills in the specialised field of coaching.

ADMISSION REQUIREMENTS

Delegates should have as a minimum a Matric Certificate (Grade 12 or equivalent)

CERTIFICATION

Upon successful completion of the course and assessments, delegates will be awarded the Short Course Certificate in Business and Life Skills Coaching by Milpark Business School. This course is presented at NQF Level 5, and carries 20 credits.

EXIT-LEVEL OUTCOMES

On completion of this course, delegates will have a good understanding of the process of business and life skills coaching, facilitative communication techniques to enhance the coaching process, a good understanding of the subconscious processes which play a dominant role in coaching and importantly, how to use self-awareness as the major tool in coaching. Delegates will also be empowered to work from the positive psychology paradigm, and align all coaching interventions within this paradigm.

PROGRAMME OUTLINE

Setting the foundation for coaching
Creating self-awareness in the journey towards effective coaching
Understanding subconscious processes
Setting the foundation for facilitative coaching
The process of coaching
Positioning yourself as a coach
Aligning to company strategy

ASSESSMENT

Delegates are required to submit eleven written assignments as a portfolio of evidence which contribute 50% to the final mark. A summative assessment will be done at the end of the course, contributing 50% to the final mark. This summative assessment will be in the form of a real life coaching session.

DURATION

This is a six day course, spread over three blocks of two days each, and a seventh day for the final assessment. The two-day blocks are presented each month, over three months, from commencement.

FURTHER STUDIES

This course is an elective module of the Certificate: Management Development (SAQA ID 62269). Delegates who have successfully completed this course are therefore provided with articulation towards the full qualification.

ABOUT THE BUSINESS SCHOOL

Milpark Business School offers a range of tertiary qualifications conditionally accredited by the Higher Education Quality Committee (HEQC) of the Council on Higher Education (CHE). Milpark Business School offers both distance-learning and contact-learning options and workshops. The qualifications range from an MBA and a BCom in Banking Management to Certificate and Diploma programmes.

PRICING

Course fees include course material. Please contact one of our campuses for more information.

DISCLAIMER

The content of this brochure is accurate at the time of going to print. Milpark Business School reserves the right to change the programme content due to changes in legislation, market requirements and other reasons. Notice of such changes will be published on our website.

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