

Part-time  
Level 9  
Blended



# Certificate in Executive Coaching

## About

Learn about coaching models, tools and techniques bespoke to differing business contexts towards the creation of sustainable and measurable behaviour change in workplaces of the future.



## Overview

The module aims to provide learners with the skills, knowledge and competences to apply coaching interventions and assessments which will help their coachees to focus on current and future achievements in such ways as to build self-awareness, personal responsibility leading to sustained behaviour changes and ultimately enhanced performance.



## Course Content

This course introduces learners to the following:

- Introduction to Coaching: Operational definitions, The nature of executive coaching, What Executive Coaching is/ is not, Coaching and Mentoring: Differences and Similarities, Roles of Executive Coach, Purposes of Executive Coaching
- The Coaching Relationship: Theories, Principles of Executive Coaching, Benefits of Executive Coaching, Managing the Contracting Process
- The Executive Coaching Process: A seven-step coaching process, The 3 broad areas of executive coaching competencies, Executive Coaching Skills, Techniques and Tools, Coaching Continuum models
- Executive Coaching Models: GROW, ACHIEVE, CASCADE, OUTCOME, Skiffington & Zeus's Behavioural Change model (2003) and The AIM Coaching Model.
- Psychological based coaching approaches: Psychological coaching techniques, Coaching 'readiness'. Powerful Questions
- Coaching interventions: Coaching Interventions and their impact, Methodological challenges for the executive coach, Determining the ROI on Coaching.

## Progression

Graduates of the certificate can progress to the Postgraduate Certificate in Executive Coaching or Master of Business in Executive Leadership.

## Start Date

September 2022

## Duration

12 weeks (3-hour classes)

## Fees

This course is fully funded by CIRDAS.

## How do I apply?

Apply now by contacting CIRDAS Manager, Damian Rossiter, at [insurance.cw@setu.ie](mailto:insurance.cw@setu.ie) or call 053 917 5311.

## Entry Requirements

Level 8 degree with a minimum of Second Class Honours, Grade 2 in a related discipline or equivalent.

SETU Carlow Campus operates a Recognition of Prior Experiential Learning (RPL) scheme whereby applicants may be considered, based on relevant work and other experience, for exemptions from programme modules and advanced entry.

All applicants will be considered on a case-by-case basis. The Faculty of Lifelong Learning and CIRDAS reserve the right to require applicants to attend for an interview to determine their suitability for the programme.

## Further information

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