

‘Coaching with Confidence’ Coaching Skills Programme Prospectus

EMCC Practitioner Level 5 accredited, competency based training programme, designed and delivered by Professional Executive Coaches and Coach Supervisors, to develop outstanding coaches and organisational coaching leadership capability



“Professional coaching is being fully committed to a client’s personal and professional success and wellbeing, through high support/high challenge conversations that encourage accountability and lead to increased confidence to take action”

Matthew Radley, EMCC Global Master Practitioner

The highest standards of Professional Coach training

Ensuring that every one of our clients receives the **very best educational experience possible** is in line with our purpose and vision, mission and values at MRA.

Our purpose and vision – our ‘why’ at MRA

To **set the global standard** for Executive Coaching, Coach Training, and Supervision. We believe in **creating thriving cultures** through championing a **Professional Coaching offer for everyone at every stage of their career**

Our values – our ‘how’ at MRA

Trusted partnership

Purposeful and trusted partnership – wholeheartedly committed to you and your success

Proudly at the forefront

The highest standards of global executive coaching capability; ambitiously investing in our learning to strengthen your growth

Championing interdependence

A systemic approach to organisation-wide interdependent leadership with an offer at every level - insights led; impact guaranteed for you all

Courageously candid

Curious, candid and challenging, whilst leaving you deeply heard and understood at every stage

Belief in possibility

Bringing energy, passion and a fundamental belief in your possibility, elevating your potential

Committed to collectively thriving

Striving for a positive and thriving world - inclusively and sustainably making a difference for all of our futures

Our partnership with EMCC Global

Partnering with EMCC Global is a measure of the **quality, credentialling and rigour** of this **'Coaching with Confidence' Coaching Skills Programme**. As the leading professional standards body for coaching globally, with a defined Code of Ethics, a robust accreditation process, and as thought-leaders famous across the industry, **EMCC Global is a quality stamp of approval** that organisations looking to develop high-level Coaching/Coaching Leadership capability continually aspire to. And as a Level 5 Programme (first year degree equivalent) you can be sure to receive both an **academic and experiential learning journey that defines excellence** at every stage.



Led by industry experts

Every programme is **led by Executive Coaches and Coach Supervisors** from the Professional Coaching industry, and every tutor holds **exceptional credentials**. Credentials consist of a Post Graduate Certificate in Executive Coaching, EMCC Global Senior Practitioner status (or equivalent), MBTI and EQ360 certified, Mental Health First Aid qualified, Neurodiversity and DEI trained, fully Supervised and Insured. The majority of Tutors also hold a second post Graduate Certificate in either Coaching Supervision or Team/Board Coaching. Our **combined coaching experience across industries and with a global client reach**, in conjunction with the commitment to our brand values, is what makes these tutors so uniquely positioned to lead your Level 5 learning experience.

Quality assurance at every stage

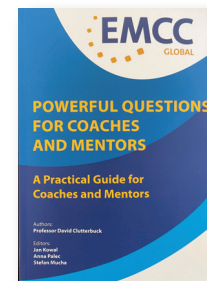
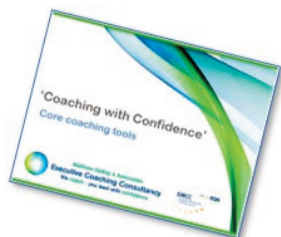
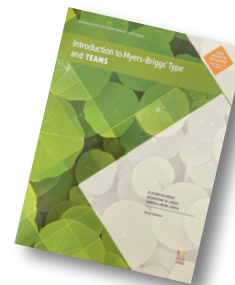
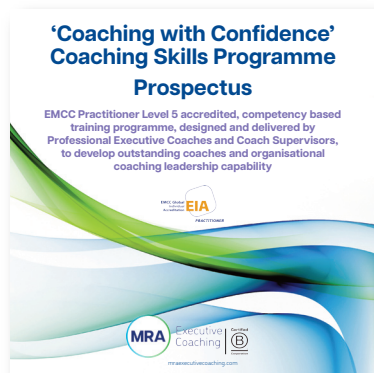
We invest heavily in continually developing our own standards at MRA, and so every programme also benefits from both **Internal and External Verification**. Verifiers attend programmes to ensure that our tutors are consistently delivering the best possible experience for delegates, and that our programme content adheres to the EMCC Global accreditation standards. Our External Verifiers also check delegate progress by interviewing a selection of people and checking the quality of their work.

Best practice guidelines

We are pleased to share that all programme sponsors will receive a set of 'best practice guidelines'. This document brings to life how to embed the programme into the wider context of your organisation ensuring that you **maximise the investment and the new found coaching capability of your people**.

Setting everyone up success

Ahead of convening for your programme Launch every delegate will receive a comprehensive **'Coaching with Confidence' toolkit** delivered to their door, as well as a request to complete psychometric profiling to support the journey.



Your **'Coaching with Confidence' Coaching Skills Programme** is structured in a way that gives you clarity on what to expect at every stage of the journey. The information below gives you the critical timelines and you will also learn much more at your programme Launch session where your tutors will ensure you are set up for success from the very beginning.

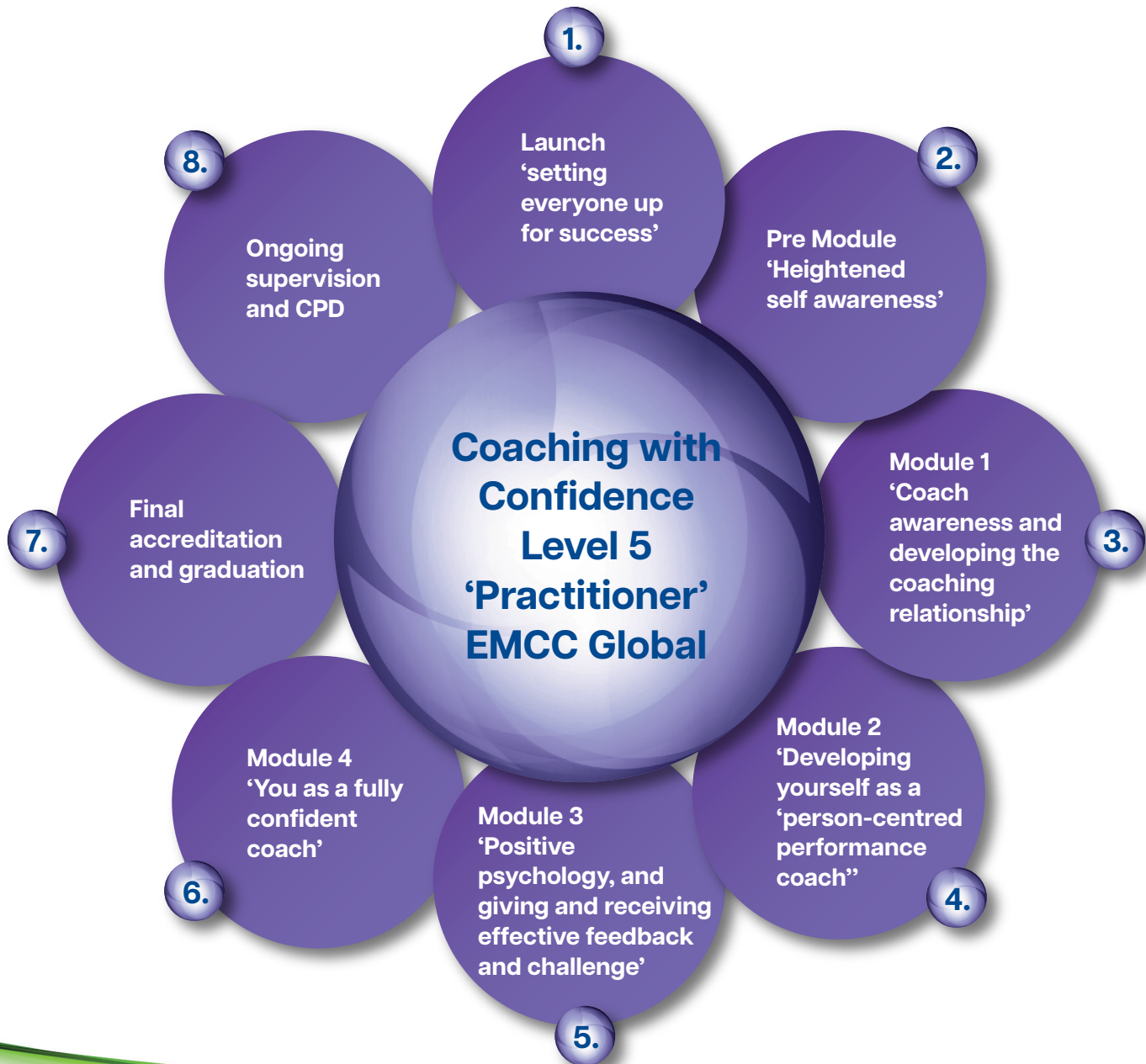
Programme Launch: Your tutors will give you a very warm welcome and share with you everything you need to know, setting you up for success from the start. An opportunity for an open discussion and Q&A will ensure everyone feels confident about what to expect at every stage

Prior Learning: You will receive a **Welcome Letter** and **Prior Learning Log** ahead of the Pre-Module. This allows you to capture any coaching already completed in the 2 years prior to the programme starting that can be used towards the requirement of 50 hours of coaching (to achieve the Level 5 qualification).

Programme overview: Becoming an authentic coach is firstly an individual process, and requires a **deep level of self-awareness** which we will support you through during your attendance at the Pre-Module. The **core Modules 1-4** (and the pre and post work) are designed to guide you through the knowledge and skills required to work within the framework of the **'Coaching with Confidence' Core Competencies** – a critical set of guidelines for coaching practice. The 5 training days are built to raise your levels of self-awareness, self acceptance and personal confidence, and ultimately your skill in **coaching with confidence!**

Accreditation and formal award/graduation: You have 12 months from the start of the programme to complete all of the elements. This includes returning your completed Digital Logbook to your tutor for review and onward submission to EMCC Global.

Your journey



'Coaching with Confidence' core competencies

The '**Coaching with Confidence**' core competencies are the fundamental under-pinning structure of this programme. They are aligned to **EMCC Global's competency framework** and are the basis on which delegates learn to become well-rounded professionals. Throughout the programme tutors consistently bring **real-life experience** into the training room based on evidence of these core competencies from their own practice, as well as access to video demonstrations to enhance the learner experience.



Your comprehensive accreditation experience

The **'Coaching with Confidence' Coaching Skills Programme** has been uniquely designed to embed the European Individual Accreditation (EIA) within it, meaning that everyone who successfully completes all elements of the programme will be awarded **Level 5 Practitioner status!** A globally recognised professional coaching qualification.

To achieve full accreditation through our quality assurance process, the following elements must all be achieved **within 12 months** of starting the programme:

EIA (European Individual Accreditation)



As part of the EMCC EQA (European Quality Award) process we have also embedded the EIA (European Individual Accreditation). This means that all delegates who successfully complete the full 'Coaching with Confidence' Coaching Skills Programme (including all training sessions, the pre and post work, and the written logs) and who 'pass' their observed practice assessment, are entitled to follow a simplified and fully quality assured EIA application process.

Please complete the following checklist to ensure you have everything you need ready as part of your application portfolio:

Application portfolio requirements	Completed?
'Prior learning form' (including 'logging practice prior to attendance') completed and signed by employer/sponsor before attending the 'Coaching with Confidence' programme	<input type="checkbox"/>
Joined EMCC as directed by your Programme Sponsor - this ensures you receive a significant reduction on the cost of your EIA	<input type="checkbox"/>
Attended all training sessions	<input type="checkbox"/>
All pre and post work completed including reading, research, and reflection	<input type="checkbox"/>
Coaching practice with clients between modules completed and logged using 'Planning log', 'Client log' and 'Reflection log'	<input type="checkbox"/>
Observed practice assessment passed at final module	<input type="checkbox"/>
'Supervision log' and 'CPD log' completed as relevant	<input type="checkbox"/>
Personal statement completed before attending final module and reviewed by Programme Tutor	<input type="checkbox"/>



Re-accreditation and Supervision/CPD requirements

The **global standard for re-accreditation is 5 years** for anyone completing an EIA qualification. You will be contacted directly by EMCC Global 6 months before your 5th anniversary of qualifying and required to complete a 'renewal form' and 'declaration' stating that you are continuing to practice in line with the core competencies; still adhering to the Global Code of Ethics; and maintaining all of your coaching logs. A small fee is payable to EMCC Global – this allows a further term for the 'EMCC Global Practitioner' title to be used.

Supervision and ongoing **Continued Professional Development (CPD)** are critical to embedding and maintaining the behaviours and capabilities of being a high quality Professional Coach. We will work with your programme sponsor to ensure a **package of Supervision is made available to everyone** for the 12 months following completion of the initial qualification.

Step up to Level 7

We are very pleased to share that past delegates have gone on to complete additional qualifications to **achieve their Level 7** (Post Graduate equivalent). Providers may allow prior-accreditation towards the qualification they offer as a result of having already achieved this Level 5 training and formal Practitioner qualification.



EMCC Global's celebratory feedback

“Coaching with Confidence is a well-designed and delivered programme. The provision of detailed information, its requirements, assessment and policies, contributes to a positive learning experience for the delegates. The excellent qualifications and experience of the programme team, the high-level support given to delegates, and the assessments combine to ensure that robust learning outcomes can be achieved. The well-implemented quality assurance processes including, internal moderation and external verification ensure that the programme is of a consistently high standard.”

EMCC Global, December 2020

You can trust us

Organisations that have trusted MRA to develop the **Professional Coaching capability of their leaders and teams** in the UK and across the globe:



The MRA team are also very proud to continue our work in supporting many organisations across the UK Education Sector, embedding the **Coaching with Confidence** qualification into their learning and **Continuous Professional Development** offer.

mraexecutivecoaching.com

*“The most important journey a coach can take is one of self-discovery; from self-awareness to self-acceptance to personal confidence, and onwards to a future built on the strongest of foundations...
..coaching with confidence”*

Matthew Radley, EMCC Global Master Practitioner

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