

## **MSc Coaching**

### **Why choose this course?**

This exciting new programme is designed for people who have some experience in coaching in organisations or their own coaching practice, but who want to provide a context and framework to further improve and develop their skills as a coach. It aims to help you recognise and develop your unique coaching approach through the exploration of theories and frameworks of coaching, and to help you challenge and stretch your practical coaching abilities.

Our philosophy encourages the use and exploration of positive psychology frameworks, focussing on a strengths-based approach to coaching rather than remedial or other approaches which work on the principle of 'correcting' behaviour.

Unique in Scotland, this qualification programme aims to enable you to develop master practitioner capabilities in coaching - refining and developing your coaching approach as you work through the modules. Coaching is a journey of self-exploration and practice which continues every time you coach someone new. Our aim is that you experience a wide variety of frameworks and techniques, but without becoming dependent on one you then develop your own unique identify as a coach.

Throughout the course, you will be encouraged to find and coach your own clients, and will receive tutor support, peer feedback and action learning groups to further develop your coaching capabilities.

### **How will it benefit me?**

You are likely to be either a professional coach, or someone intending to become a professional coach. You may also be a business or HR leader with a particular interest in coaching who would like to explore it in more depth and refine your own personal coaching style. You can expect the following benefits:

- A modular approach in 'bite-size' chunks
- Short, intensive 'classroom' inputs focussing on practical coaching skill development
- Full accreditation to use and interpret the highly-respected EQi Emotional Intelligence instrument
- Formal recognition of your coaching knowledge and expertise
- Combines face-to-face learning with small tutor groups, self-managed and peer-led learning and supervised practical coaching sessions with your own selected coachees
- Learning takes place in small groups to enhance personal learning needs
- Tutors drawn from leading academic and industry practitioners

## Programme and Timetable

The MSc in Coaching Practice is a part-time programme starting late February 2010 and based upon a series of 2 and 3 day workshops over a period of 18 months; so you can fit your studies around your current work commitments. All workshops are based upon your practice within the work place or your own coaching practice, with inter-modular activities carried out by students to reinforce learning over the whole course of the programme to develop skills for lifelong learning and development.

Projects and assignments are incorporated into each module, whereby you are encouraged to build a set of action plans during and following each workshop. In this way each cohort of delegates will learn from each other, as well as from tutors. Each module will build on your own experience using personal or work-based assignments that will benefit both you and your organization or coaching business well into the future and you will be assigned to a small tutor group to further build and develop your application of knowledge.

**Fee:** £4,730

For more information or to apply, please contact **Clare Jenkinson on 0131 455 4541**



## Structure and Assessment

<p><b>Confident Coaches (120 credits)</b></p>	<p>The Evolution of Coaching</p> <ul style="list-style-type: none"> <li>• The development and growth of coaching</li> <li>• Theories and frameworks</li> <li>• Positive psychology in Coaching</li> <li>• Introducing coaching to organisations</li> <li>• Role, development and CPD of internal coaches</li> <li>• Evaluation and ROI of coaching</li> <li>• The future face of coaching</li> </ul>	<p>The Practice and Skill of Coaching</p> <ul style="list-style-type: none"> <li>• Your unique coaching style</li> <li>• Using Emotional Intelligence in Coaching (EQi)</li> <li>• Developing your own positive psychology approach</li> <li>• Skill development and practice – intensive coaching workshop</li> <li>• Developing your own unique model of coaching</li> <li>• Establishing a coaching framework for your organisation</li> </ul>
<p><b>Management Practice Report (60 credits)</b></p>	<p>The Management Practice Report explore a unique aspect of coaching in an organisation or in your coaching practice, and allows you to undertake original research</p>	
<p><b>Other learning methods</b></p>	<ul style="list-style-type: none"> <li>• Tutor support</li> <li>• Tutor groups</li> <li>• Peer support and feedback</li> <li>• Practical skill feedback</li> <li>• Self-reflection</li> </ul>	<ul style="list-style-type: none"> <li>• Case studies</li> <li>• Supervised coaching of own selected delegates</li> <li>• Coaching Hub on-line forum</li> <li>• Access to resources of university library</li> </ul>