

THE PROFESSIONAL CERTIFICATE IN COACHING

Developing your expertise
and experience as a coach in business



Henley
Business School

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**WE BUILD THE PEOPLE
WHO BUILD THE BUSINESSES
THAT BUILD AFRICA**

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OUR PHILOSOPHY

At Henley Business School we offer a deeply immersive learning experience. We call it 'action learning' and it's central to our philosophy.

When delegates leave Henley, it's not just with the new knowledge and skills, it's also with different ways of thinking.

Knowledge is only useful when applied to action, and when it can change thinking and problem solving.

OUR VISION

We develop societies by building the skills, knowledge and ethics that build business, accelerate careers and create thriving organisations.

Equipping business leaders with new knowledge and thinking has the power to transform companies, communities and societies - through improved skills, job creation, wealth generation and growth.



Jon Foster-Pedley
Dean and Director for Africa

“WE...”

Henley Business School Africa is the African arm of Henley Business School UK - the oldest business school in Europe and part of the University of Reading UK.

Founded in 1946, we now operate in 17 countries with 70 years' of global experience in Executive Education. We've had a campus in South Africa for 25 years — longer than many leading South African business schools.

We're triple accredited by the three major international academic standards bodies, which means we're regularly audited and subscribe to global best practice (AACSB, AMBA, EQUIS).

“...BUILD THE PEOPLE...”

Coaching has always existed. When someone wanted to impart know how and wisdom or tap into experience in a way that left the recipient engaged in learning, coaching was present. Over the past two decades business coaching evolved to an essential skill for any business leader. This demands greater professionalism and quality in coaching.

The Professional Certificate in Coaching programme appeals to managers who want to develop their personal coaching skills.



“The authenticity of the content and tutors as well as the encouragement to be part of the growth process, sets Henley apart.”



“Great inclusion of real stories to illustrate points. Henley encourages everybody with respect.”



“I liked that there were no slides. Please maintain the practical element of the workshops.”

WHO'S IT FOR?

This programme is designed for those with some knowledge or experience of coaching.

It will help you extend and develop the importance and effect of coaching within your organisation.

WHAT YOU'LL LEARN

- Experiment and practice different techniques and styles
- Ongoing feedback to build your confidence and competence in coaching
- Coaching methodologies to give the skills needed for different situations
- Tailored to organisations own culture with business drivers, values and strategies

WHAT YOU'LL GET

After completing both workshops, delegates must conduct three coaching relationships obtaining feedback from clients in each instance.

A 5,000 word document reflecting on your development as a coach is the basis for awarding the certificate, with subsequent membership of the Henley Register of Coaching Alumni.



"I loved the fact that there were two facilitators in the room and that both were different, yet the same. I also loved the balance of experiential and theoretical learning."



"The workshops were facilitated in a safe space where adult learning is encouraged through fresh experiences and perspectives. Providing real skills for the real world."

“...WHO BUILD THE BUSINESSES...”

THE PROFESSIONAL CERTIFICATE IN COACHING PROGRAMME STRUCTURE

WORKSHOP 1

Workshop 1 is a developmental process that involves bringing to the surface, exploring and developing your self-awareness. This enables you to manage the impact of the interpersonal dynamic on the coaching relationship.

Major themes are:

- Exploring and understanding your idea of coaching
- Establishing a learning community
- Intensive multi-perspective experience of coaching
- GROW refresher
- Clarifying your starting point as a coach
- Introduction to tools and techniques of coaching
- Psychological underpinnings of coaching tools and techniques

WORKSHOP 2

In Workshop 2 we continue our examination of coaching tools and techniques, and look at solution-focused approaches to coaching (in contrast to problem-focused approaches), and present case studies to illuminate these. We also explore the function of supervision in coaching, including self-supervision and reflection, together with other sources of support for the coach.

Major themes are:

- Tools and techniques, continued
- Supervision
- Brief solution-focused approaches
- Structured individual feedback on coaching practice

WORKSHOP MODEL

| Workshop 1 3 DAYS | Workshop 2 3 DAYS | 6 Months' practice |
|--|--|--|
| What is coaching? Who am I as a coach? My personal coaching style The framework of coaching - GROW model Reflective group process for immediate feedback Introduction to tools & techniques External client sessions 1 | Interworkshop Peer Coaching Reflective paper as Coach Reflective paper as Coachee Tools & techniques (continued) Supervision Integration External client session 2 Observed coaching session | Interworkshop Peer Coaching Reflective paper as Coach Reflective paper as Coachee Three additional coaching relationships. Minimum two sessions each. 5000-word reflective assignment with portfolio or evidence for assessment |

← 3 months →



OUR FACULTY



Vuyelwa Mtimkulu

Vuyelwa is a clinical psychologist. In addition she serves in the capacity of management consultant, human resource development, project coordination and part-time lecturing.

With a Masters degree in Clinical Psychology and further advanced training, she has wide-ranging areas of expertise and experience, such as;

Research, psychometric assessment, mentoring, coaching, leadership and life skills training, strategic organisational evaluation and management, co-ordinating and managing projects including training of trainers and handling diverse issues that include HIV/AIDS and GBV counselling programmes.

Vuyelwa strongly believes in a healthy balance of personal wellness, family relations and professional optimisation.



Denis Sartain

Denis runs his own coaching business and coaches clients in the UK and around the world. He has aMSc in Coaching and Behavioural Change and is associate facilitator at Henley Business School and tutor on the Professional Certificate in coaching.

Denis also teaches on MBA and executive education programmes. He has run programmes in Abu Dhabi, Saudi Arabia, South Africa, Singapore, Malaysia, Greece and New Zealand.

He is co-author of 'Coaching Essentials, practical proven techniques and understanding for world-class executive coaching'. And 'Under Pressure - understanding and managing the pressure and stress at work'.

LET'S TALK

Henley Africa designs and delivers Open and Custom Executive Education Programmes to the Southern African region as well as the rest of Africa.

Most of our workshops take place in Johannesburg, but we can and do present programmes in other regions in South Africa and in other African countries.

TO FIND OUT MORE:

pranishab@henleysa.ac.za | 011 808 0868

Duration: 2 x 3 day workshops

Programme directors: Marti Janse van Rensburg

Fees: Payable on acceptance onto the programme, prior to commencement.
Meals and Wi-Fi at the campus are included.

“...THAT BUILD AFRICA.”

Our programmes are already delivering tangible results for individuals, public and blue-chip businesses in South Africa, Africa and the world



INTERNATIONAL:

3M, Aegon, Barclays, Canon, Ford, IBM, KPMG, Microsoft, RBS Insurance, Shell, Vodafone and Zurich Insurance Group

AFRICA:

W&RSeta, Multichoice, INSETA, Justine, Avon, Denel, Servest, Murray&Roberts, Eskom, ACSA, VW SA, Adcock Ingram

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