

6 Months In-Depth Coaching Session for Senior Managers

9 hours with an executive coach over 6 months

90-minute session (1 a month)

Delivery Methods:

1. Virtual

Aim

To accelerate your coaching capabilities, develop your skills, knowledge, and confidence. To have a clear plan to help you progress towards your goals

Who are these courses for?

Suitable for all training and qualified practising coaches.

Benefits for individuals	Benefits for employers and educators
<ul style="list-style-type: none"> • One-to-one session • Identify bad habits • How to maintain balance and objectivity • Delivery is from an accredited executive coach • Clear direction 	<ul style="list-style-type: none"> • Development of individuals can improve their performance and organisational productivity

What progression opportunities are there?

- ILM Level 5 Effective Coaching and Mentoring
- ILM Level 7 Certificate for Executive and Senior Level Coaches and Mentors
- Coaching 1:1 session
- EMCC accelerated professional designation to practitioner level.

Who runs it?

The delivery of the course and principal personal support is run by **Arema Ltd**, which has highly experienced leaders and qualified coaches.