

## Group Coaching Session and 1 Individual Coaching Session

3 x 2-hour group coaching sessions with internal and external coaches  
 1 x 1-hour Individual coaching session – with an executive coach -on demand

### Delivery Methods:

1. Virtual

### Aim

To provide learners with the required knowledge, skills and understanding to speed up their career transition process with a clear plan and vision.

### Who are these courses for?

Suitable for those in career transition, interviewing for new roles, in a new role or for those in a period of change within their current role.

Benefits for individuals	Benefits for employers and educators
<ul style="list-style-type: none"> <li>• Supportive and informative framework</li> <li>• Session is tailored to your needs</li> <li>• Personalised action plan</li> <li>• Delivery is from an accredited executive coach</li> <li>• Clear direction and re-focused</li> </ul>	<ul style="list-style-type: none"> <li>• Development of individuals can improve their performance and organisational productivity</li> </ul>

### What progression opportunities are there?

- ILM Level 5 Effective Coaching and Mentoring
- ILM Level 7 Certificate for Executive and Senior Level Coaches and Mentors
- 6 Month or 12 Month Coaching Sessions
- 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.