

Mastering *Your* Power



Coach Training
With a Wide-
Angled Lens of
Inclusion,
Belonging &
Equity

MASTERING YOUR POWER
COACH TRAINING 2024/2025

Email: enquiry@masteringyourpower.com
www.masteringyourpower.com



INCLUSION, BELONGING AND EQUITY IN COACHING

Mastering Your Power Coach Training

Mastering Your Power Coach Training programme is aimed at a diverse audience. This however isn't diversity training. The objective of the programme is to attract a wider audience and perspective to coaching. The wide-angled systemic lens of diversity, inclusion and belonging is the golden thread which runs through our whole programme.

The course is available as a virtual training programme and can also be delivered as an in-house course too. At this time the course is only available in English.

The 6-module training offers you an opportunity to practice and develop a thorough working understanding of coaching.

Mastering Your Power Coach Training will award the designation ICF Certified Professional "MYP Coach Diploma" when a program participant completes the following requirements:

- 60 hours of coach-specific training
- 10 hours of self-study
- 20 hours of coaching practice
- 2 1:1 tutorials
- 12 hours mentoring and supervision

All participating organisations are invited to sign up to a coaching exchange programme whereby coaches from participating organisations have the opportunity to coach from each other's organisations.

COSTS

Sponsored by organisation: £5250 (VAT not included)

Charities and not-for-profit : £4795 (VAT not included)

All payments are due on enrolment and before the start of the programme. Just in case things change we offer a 14 days full-refund cancellation period after enrolment.

FOUNDATION

- WHAT IS COACHING?
- 5 PILLARS OF MASTERING YOUR POWER COACHING
- DESIGNING THE ALLIANCE
- LEARNING STYLES
- COACHING PRACTICE WITH THE WHEEL
- COACHING PARTNERSHIP
- R.I.S.E.N. (RESULT. ISSUE. SYSTEMIC. EXPLORE. NAILED) COACHING MODEL
- ETHICS AND STANDARDS

AWARENESS

- QUESTIONING
- LISTENING
- REFLECTING
- ACKNOWLEDGING
- THOUGHT PARTNERSHIP
- METAPHORS

COMMUNICATION

- MINING FOR VALUES
- NAMING AND TAMING YOUR GREMLIN
- BELIEFS
- FUTURE SELF

PRESENCE

- COGNITIVE BASED COACHING
- GAME PLAYING
- DRAMA TRIANGLE
- COACHING AND TRAUMA

SYSTEMIC

- TEAM COACHING VS GROUP COACHING
- TEAM COACHING JOURNEY
- TEAM VISION, MISSION,
- VALUES AND GOALS
- WORKING TOGETHER
- WHAT IS THE SYSTEMIC LENS?
- YOU AS COACH AND YOUR SYSTEMS?
- COACHING SYSTEMICALLY
- RELATIONSHIP SYSTEMS
- BELONGING, INCLUSION, ENTANGLEMENTS & BALANCE

GROWTH

- PULLING IT ALL TOGETHER
- YOUR COACHING JOURNEY

CH13 2024

- FOUNDATION JAN 29TH + 30TH
- AWARENESS FEB 26TH + 27TH
- COMMUNICATION MAR 19TH + 20TH
- PRESENCE APR 18TH + 19TH
- SYSTEMIC MAY 22ND + 23RD
- GROWTH JUN 13TH + 14TH

- 6 X SUPERVISION/MENTORING 90 MINS JULY 2024 TO DECEMBER 2024

CH14 2024

- FOUNDATION APR 24TH + 25TH
- AWARENESS MAY 20TH + 21ST
- COMMUNICATION JUN 13TH + 14TH
- PRESENCE JUL 3RD + 4TH
- SYSTEMIC AUG 12TH + 13TH
- GROWTH SEP 10TH + 11TH

- 6 X SUPERVISION/MENTORING 90 MINS OCTOBER 2024 TO MARCH 2025

CH15 2024/25

- FOUNDATION SEPT 26TH + 27TH
- AWARENESS OCT 16TH + 17TH
- COMMUNICATION NOV 6TH + 7TH
- PRESENCE NOV 27TH + 28TH
- SYSTEMIC DEC 11TH + 12TH
- GROWTH JAN 9TH + 10TH

- 6 X SUPERVISION/MENTORING 90 MINS FEBUARY 2025 TO JULY 2025



INCLUSION, BELONGING AND EQUITY IN COACHING

Our Policies

Enrollment

Starting with a consultation call. The first step to joining our program is simple – just drop us a line at enquiry@masteringyourpower.com and one of our team will get back to you straightaway. To ensure the quality of the course and learning cohorts, enrollment begins with a consultation call. This gives you the chance to ask questions and have a clear understanding of what the course entails. It also allows us to verify that this is the right program for you and that you're aware of the qualifications, commitment and time required. This is a key step in our on-boarding process and a great opportunity to get to know each other before the formal training.

Cancellation

From time to time we appreciate that plans may change and where possible we will work with delegates to find a suitable solution, but due to the impact that late cancellations have on our course and other delegates' experience, we would like to state the following:

All course cancellations must be sent directly to us, in writing, by email to info@masteringyourpower.com.

A delegate may cancel the contract by notice in writing, via email at any time up to 14 days after the application approval date (unless the commencement date is less than 6 weeks away at the time of notice).

Where the delegate is a consumer, they will receive a full refund, including any deposit (unless they have started to attend the course within those 14 days). Where the delegate is not a consumer:

- (i) it is the delegates' responsibility to ensure and confirm that any notice of cancellation has been received by Mastering Your Power and that the delegate has received an acknowledgement of receipt from Mastering Your Power and
- (ii) Mastering Your Power will retain any deposit paid (but the balance of the charges shall not be payable).

Transfer of credit and partial completion

We expect applicants to commit to and complete the full programme. We don't currently accept transfers of course credit from other programmes. If, in exceptional circumstances, you do not complete the full programme, we can provide written confirmation of the hours completed.



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Our Policies

Illness

Full attendance is required to complete all training. We do not record sessions however if an attendee falls ill or experiences an emergency they should contact the administration to determine the best course of action. Attendees must notify the administration immediately and follow their instructions regarding rescheduling or alternative arrangements. Where more than half a day of training is missed attendees are offered a place on the next open cohort. The make up sessions are mandatory. As we offer 2 x 1:1 tutorials, and a recorded feedback assessment this means we can go through what was missed in-between the make-up session.

Complaint

Mastering Your Power perceives complaints as a valuable opportunity to learn and enhance services for future instances, as well as rectify the situation for the individual or organisation that has filed the complaint. We place a high priority on preserving professional standards. Our policy is:

- To provide a fair complaints procedure which is clear and easy to use for anyone wishing to make a complaint
- To make sure everyone at Mastering Your Power knows what to do if a complaint is received
- To make sure all complaints are investigated fairly and in a timely way
- To make sure that complaints are, wherever possible, resolved and that relationships are repaired
- To gather information which helps us to improve what we do

A complaint can be received by email to enquiry@masteringyourpower.com

Diversity, Inclusion, Belonging, Equity and Disability

Mastering Your Power will seek to promote the principles of equality and diversity in all its dealings with employees, workers, job applicants, clients, customers, suppliers, contractors, recruitment agencies and the public. All employees contractors who act on Mastering Your Power's (MYP) behalf are required to adhere to this policy when undertaking their duties or when representing MYP in any other guise. Equal opportunities unlawful discrimination will not be tolerated and MYP will take all necessary action to prevent its occurrence. Specifically, MYP aims to ensure that no employee or client is subject to unlawful discrimination, either directly or indirectly, on the grounds of gender, gender reassignment, race (including colour, nationality, caste and ethnic origin), disability, sexual orientation, marital status, part-time status, pregnancy or maternity, age, religion or belief, political belief or affiliation or trade union membership. This commitment applies to all aspects of employment. Equal opportunities practice is developing constantly as social attitudes and legislation change. MYP will review all policies and implement necessary changes where these could improve equality of opportunity. MYP will treat seriously all complaints of discrimination made by employees, clients, customers, suppliers, contractors or other third parties and will take action where appropriate. If you believe that you have been discriminated against, you are encouraged to raise the matter as soon as possible by contacting us info@masteringyourpower.com