

Learning Area 1

Title of Learning Area: My Self-development as a Coach

Learning Theme: Coaching & Mentoring

Amount of Credit Claimed: 60 Credit Level: 7

Learning Outcomes:

My experience over the last five (5) years has enabled me to achieve the following outcomes:

- a) Utilise appropriate coaching models in order to create awareness and learning in the coachee, (resulting in them unlocking their potential and identifying a required change in their practice). (Boyatzis et al., 2019; Whitmore, 2010)
- b) Identify and implement effective communication strategies and practices when in conversation with the coachee. (Coaching Competencies)
- c) Develop and adopt an integrative and reflective way of being towards enhancing the quality of the coaching conversation. (Being a reflective practitioner)
- d) Establish and nurture a more effective relationship with the coachee. (Being in the interpersonal space with the client)
- e) Critically evaluate and review the Practice of Mentoring, Coaching and Communication Models and Theories.

Learning Area 2

Title of Learning Area: Managing Events and Courses that enable learning.

Learning Theme: Education & Training

Amount of credit claimed for learning area: 60 Level: 7

Learning Outcomes:

My experience over the last five (5) years have enabled me to achieve the following outcomes:

- a) Design and administer assessment tools for gathering baseline data that informs relevant learning interventions and coaching programmes.
- b) Negotiate and introduce learning and development plans for individuals and teams based on the assessed learning requirements.
- c) Implement programmes to support learning and development of individuals / teams to align with the achievement of strategic objectives.

- d) Critically evaluate the effectiveness of learning interventions to determine impact on learning (for individuals, teams and organisations).
- e) Critically appraise the practice of the delivery of training events.

Learning Area 3

Title of Learning Area: Leadership and Management.

Learning Theme: Leading and Managing Teams Effectively

Amount of credit claimed for learning area: 60 **Level:** 7

Learning Outcomes:

My experience over the last five (5) years have enabled me to achieve the following outcomes:

- a) Application of Leadership Models and Theories to Lead Teams in Practice.
- b) Application of Management Models and Theories to Manage Teams in Practice.
- c) Application of Change Management Theories and Concepts to Lead and Manage Change in Practice.
- d) Application of Conflict Management Models and Techniques to Manage Conflict in Practice.

References

Boyatzis, R., Smith, M. L. and Van Oosten, E. (2019) *Helping people change: Coaching with compassion for lifelong learning and growth*. Harvard Business Press.

Whitmore, J. (2010) *Coaching for Performance: The Principles and Practice of Coaching and Leadership FULLY REVISED 25TH ANNIVERSARY EDITION*. Hachette UK.