

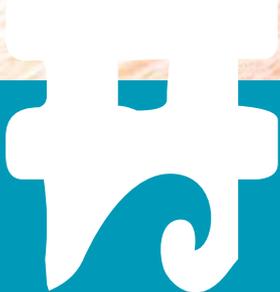


**& Engage
energise empower
your organisation**

with outstanding professional coach training

#RideTheWave

PROFESSIONAL COACH TRAINING



OUR MISSION

Like waves in the ocean, real life challenges are a natural and powerful force that impact us all. It's how you deal with the waves you face that determine how you and your organisation will thrive and survive.

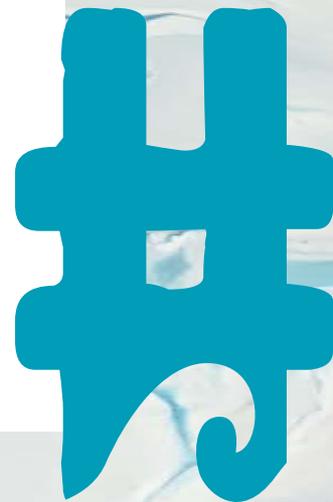
Our mission at **#RideTheWave** is to coach you to not only surf these waves but to equip you and your organisation with the knowledge and skills to help others stay afloat and reach new shores.



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The Benefits of Sending an Employee on #RideTheWave Professional Coach Training

- The acquisition of an Accredited and highly trained professional coach in your workforce who can engage, empower and energise colleagues as part of a formal or informal internal coaching programme
- A comprehensive suite of coaching tools and techniques to support colleagues and the organisation with team dynamics, organisational culture, conflict, talent development, leadership, resilience and wellbeing
- Experience of working with a broad range of organisational, leadership, team and personal challenges and the development of a variety of coaching approaches to handle these matters in a skilful, professional and ethical way
- Knowledge and ability to set up an internal coaching programme and champion a coaching culture with access to, and support from, experienced professional coaches as mentors
- Personal growth and support for the employee as they become part of an influential and diverse network of alumni, to help with ongoing personal and professional growth through mentoring and on-going coaching



After completing the course, participants report:

- Increased confidence and motivation
- Enhanced clarity and focus
- Becoming more effective leaders and managers
- Developing a clearer sense of both personal and professional purpose
- Having a stronger sense of wellbeing and developing higher resilience



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Line managers and colleagues working with participants report:

- Better rapport and relationship building skills
- Enhanced emotional intelligence
- Stronger leadership, management and team building skills
- Increased self-awareness and self-control
- A happier, more engaged, colleague



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#RideTheWave PROFESSIONAL COACH TRAINING PROGRAMME

Module 1 (2 days) **Coaching Fundamentals**

This module gives you a strong foundation in the most important elements of coaching. We explore a wide variety of models and tools and take a close look at the importance of emotional intelligence. During this module you will begin to develop your own unique coaching approach.

Module 2 (2 days) **Coaching Exploration & Discovery**

In this module we take a closer look at human psychology including key psychological factors that affect the coaching relationship. We explore psychological and physiological wellbeing, handling stress and building resilience. Throughout we dive into the world of creative coaching interventions to equip you to engage and support your clients - the use of art, analogy and metaphor to name but a few.

Module 3 (2 days) **Organisational Coaching**

In this module we explore organisational applications of coaching and developing as a professional coach. We will focus on the opportunities and challenges of professional coaching in the modern world of work using case studies and "what ifs?" to strengthen your approach. We look at professional boundaries and questions of ethics equipping you to coach in the today's complex and uncertain world.

Module 4 (1 day) **Setting Sail**

In this final module we help you pull together everything that you have learnt and think about "What next?" You will have a further opportunity to coach and be coached by Alumni of **#RideTheWave**, plan your on-going professional development and consider in further detail how you want to integrate coaching into your personal and professional lives.

Inter-module Work: Coaching Practice, Supervision, Accreditation Preparation, Reading, Watching, Listening, Reflecting...

To complement the live workshops all **#RideTheWave** coaches also receive a package of **Bespoke 1:1 Professional Coach Development Sessions** with the Co-Founders

- Live Coaching Experience with Self-Reflection (1.5 hours)
- Live Coaching Experience Feedback and Accreditation Preparation (1 hour)
- Accreditation Guidance and Final Supervision Session (1.5 hours)

These sessions are booked at a time to suit your own development and accreditation journey.

MODULE DETAILS

Module 1: Coaching Fundamentals

- AC Code of Ethics & Core Competencies
- AC Accreditation Portfolio
- Reflective Learning
- Key Coaching Skills
- Coaching Frameworks and Models
- The Coaching Relationship - mindset, trust and rapport
- Attitudes, beliefs, unconscious bias and assumptions
- Use of language
- RAS and cognitive dissonance
- Styles of Intervention
- Emotional Intelligence and EQ-i assessment
- Personality Theory

Module 2: Coaching Exploration & Discovery

- Psychoneurobiology – neurological and physiological impact of stress
- Resistance to change
- Handling stress and building resilience
- Psychogeography – Twalk®
- Timelines
- Psychological factors affecting the coaching relationship
- Transactional Analysis, transference and counter-transference, parallel process
- Character strengths and positive psychology
- Psychological and physiological wellbeing
- Coaching interventions
- Creative coaching - art, analogy and metaphor
- Neuroscience and coaching

Module 3: Organisational Coaching

- Contracting
- Ethics in organisations
- Management of coaching boundaries
- Coaching supervision
- Managing stakeholders
- ROE/ROI
- Use of psychometrics
- Leadership models and use in coaching
- Coaching through change
- Team and group coaching
- Coaching Trends
- Business case studies

#RideTheWave PROFESSIONAL COACH TRAINING PROGRAMME

We offer our professional coach training programme in two formats **#RideTheWave** – a blended learning programme combining in-person and online workshops and **#RideTheWave Digital** – all workshops online but without any less human connection.

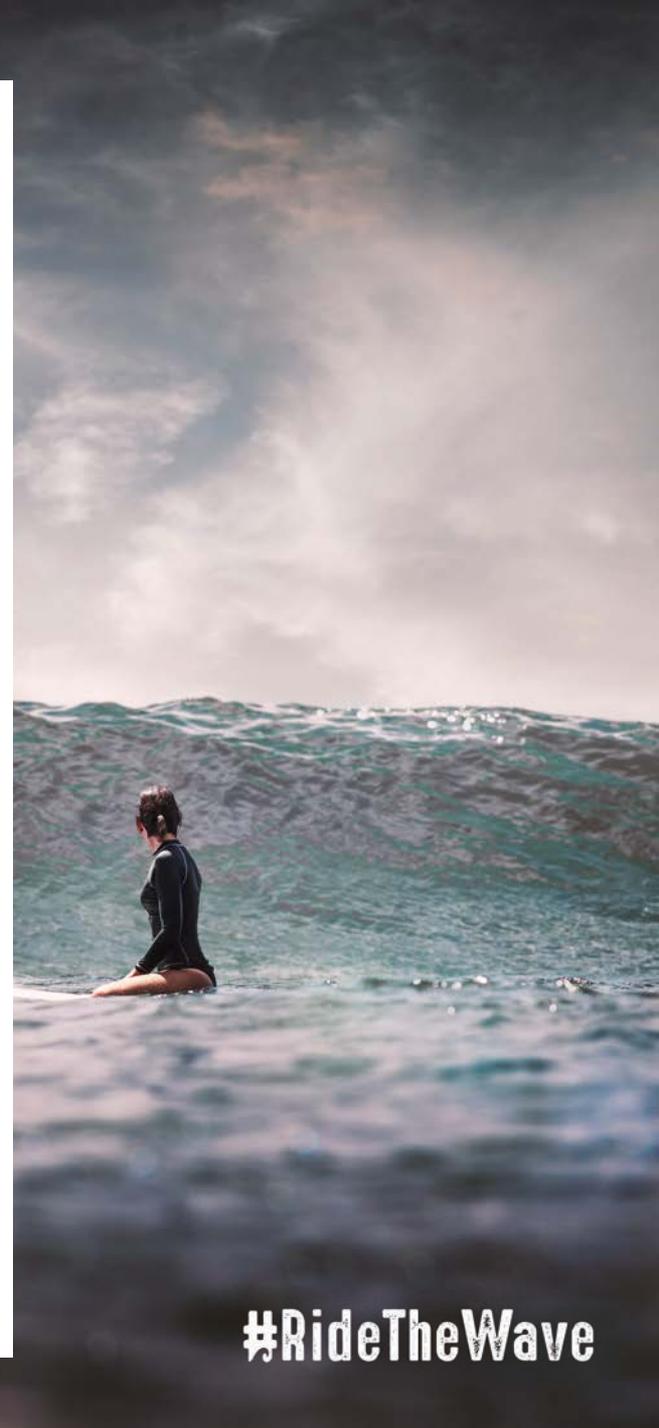
| | #RideTheWave | #RideTheWave Digital |
|---|----------------|----------------------|
| Modules 1 – 3 | Live in-person | Live online |
| Module 4 | Live online | Live online |
| Bespoke 1:1 Professional Coach Development Sessions | Live online | Live online |
| Student Membership of the AC | ✓ | ✓ |
| Programme includes 5 hours of Professional Coach Supervision | ✓ | ✓ |
| Coaching Development Pack – worksheets, reflective journal and coaching tools | ✓ | ✓ |
| Membership of the #RideTheWave Alumni Coach Community | ✓ | ✓ |
| Discount on #RefreshYourThinking development days and sessions | ✓ | ✓ |

PROFESSIONAL ACCREDITATION

The **#RideTheWave** professional coach training programme has been awarded **Accredited Certificate in Coach Training (ACCT)** status by the Association for Coaching (AC), one of the leading professional bodies in the coaching industry.

All students on this programme will be given student membership of the association and will be supported towards gaining a professional coaching accreditation, including the required level of supervision to apply for Foundation Level Executive Coach accreditation.

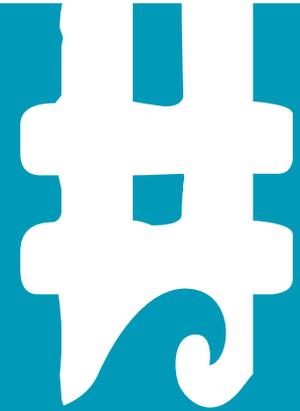
We've therefore designed the **#RideTheWave** programme to support coaches every step of the way to accreditation. This includes a pre-populated application form, specific sessions to support with the written work for accreditation, all feedback given directly against the AC competencies, a 1:1 session to prepare the Fitness to Practice statement and the required 5 hours of coaching supervision for Foundation level Executive Coach accreditation.



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PROGRAMME FEES

The programme fee includes the live workshops and professional development coaching, all learning materials, student membership of the Association for Coaching and the required professional coaching supervision to gain foundation executive coaching accreditation.



| Organisational | | |
|----------------|---------|---------------|
| Net | VAT 20% | TOTAL |
| £4,250 | £850 | £5,100 |

The programme fee does not include the membership and accreditation fee payable directly to the Association for Coaching for your personal accreditation.

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A LITTLE BIT ABOUT US...

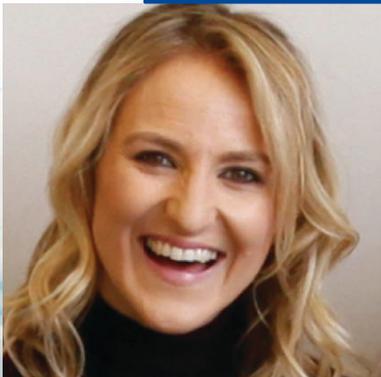


Sonya and Lucy are experienced professional coaches, coach educators, coach supervisors and trainers. They are both business owners running successful coaching and consulting companies working with a variety of clients including entrepreneurs, FTSE 100 companies, universities and charities.



Sonya Shellard

- Managing Director of Vector Group (UK) Ltd
- Philosophy, Politics and Economics Degree, University of Oxford BA (Hons)
- Postgraduate Certificate in Business & Personal Coaching (Distinction)
- Association for Coaching Accredited Executive Coach
- Member of the Association for Coaching



Lucy Mullins

- Managing Director of Strategically Inspired Ltd and Co-Founder of StepLadder
- Exercise Physiology and Psychology Degree, University of Bath BSc (Hons)
- Executive MBA from the University of Oxford (Distinction)
- Association for Coaching Accredited Executive Coach
- Member of the Association for Coaching

OUR VALUES

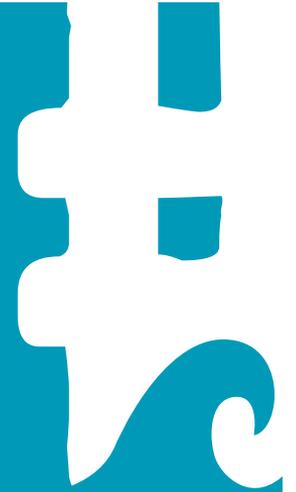
We believe in:

Celebrating Diversity - so in every Wave of **#RideTheWave** coaches you will meet a rich blend of gender, ethnic background, life and work experience, and ages to name but a few.

Social Impact - that's why we offer a number of scholarship places in every Wave of the programme to individuals making an impact in the world.

Community - we build and maintain strong relationships in our **#RideTheWave** community of coaches. Once you've surfed with us you'll always be part of our community.

Laughter - by that we mean having fun to boost learning and creativity. So whether that means dancing or singing at one of our legendary post workshop socials, or simply relaxing and chatting with your fellow surfers, **#RideTheWave** Co-Founders, Sonya and Lucy, will ensure you enjoy the ride!



WHAT OUR COACHES THINK



"#RideTheWave is an absolutely incredible learning experience taught by two hugely talented, credible and personable individuals – Sonya and Lucy. The course is well thought out and planned, with a fantastic balance of learning material, practical learning and reflection. The growth of every individual as a coach was apparent as each training day passed. I liked that I could bring my own experiences into the room as well as learning from others."

Coach Kiran, HR Business Partner, Golding Homes



"Learn new skills, increase your employability and understand yourself better - this truly is an amazing, thought-provoking, accredited, and most importantly, enjoyable course. With world-class tutors and a sensational set of peers, this course will be a game changer for you both professionally and personally."

Coach Phil, Head of Strategy and Business Development, RVL Group

"I went on this programme for my own personal development and discovered a transformational experience. Over three weekends with a fantastic group of people I learnt a range of techniques with tools to support them. I got to coach and be coached allowing me time for my own deep reflection."

Coach Niall, ex-CEO

"#RideTheWave is a life changing experience. The tutors are creative, energetic powerhouses. The delegates and alumni that you take the journey with will become inspiring, supportive new friends. If you have an interest in coaching yourself and others then please take part in this programme, so that it can transform your life too."

Coach Lucy, People Manager, Microsoft



If your organisation would like to benefit from engaged, empowered and energised colleagues, get in touch with us.

For further information or to arrange a chat with us:



www.ridethewave.co.uk



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