



PositiveSuccessGroup

Accredited Diploma in Executive & Life Coaching



the **positive**
success group

Professionally recognised
programmes that link
Personal Development to
Business Needs

Who is this course for?

- People looking to set-up their own coaching practice as professional coaches
- People developers, managers and leaders who want professional coaching skills and structure to enhance their behaviours and skill sets
- Professionals who are involved in HR and talent management who wish to develop competencies to support their culture and their executives
- The self-employed and business owners who want the confidence to apply coaching methods and skills to achieve better results
- Coaches who want to develop their skills and improve the quality of their coaching using the latest thinking, newest methods and models
- Individuals who want to develop themselves personally and realise how this will enhance their lives and grow their career prospects
- Counsellors, career guidance, recruiters and those involved in helping others and shaping futures

If you want to be more effective with managing yourself, managing other people and managing your environment – **then this course is for you.**

How this course is designed with your success in mind:

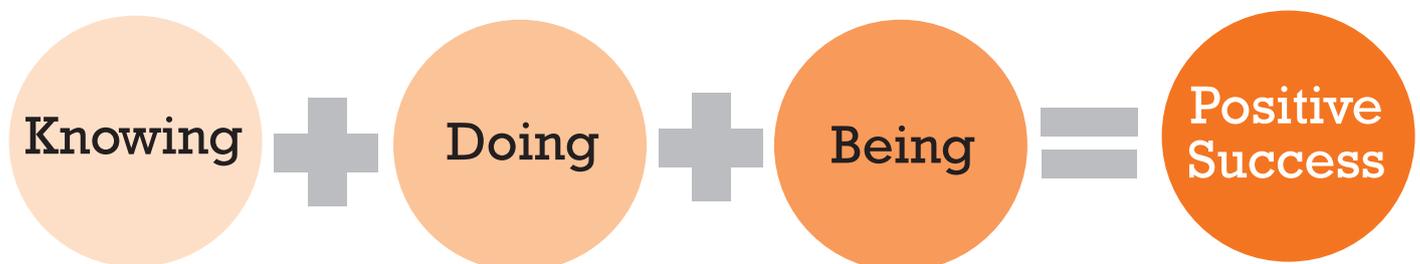
At Positive Success Group we believe that in order for you to experience positive success in your life you need to combine what you know with what you do and align it to who you are.

The Three Pillars of this Programme:

Knowing Technical skills and best practice models

Doing Putting your new skills into action

Being Honouring who you are through your behaviours and decisions



These three pillars, while separate, are interrelated and threaded throughout the programme. When they are integrated they create a synergy capable of providing you with the ability to deliver all the skills you need to self-coach and to provide a professional coaching service to others.

“In terms of career, this course inspired me and encouraged me to want to help others, seeing what it did for me personally. Maureen Hewitt and her team are exceptionally professional facilitators and also expert coaches and therefore they prepare their students to the same high standards. All of the above has prepared me to become a confident coach and to create a coaching business that has found its niche and is growing rapidly”

A. Catarecha – New owner of a coaching business

About our Executive and Life Coaching Diploma

We have been called Ireland's top coach training company and since 2003 have qualified hundreds of professional coaches working across Europe.

Some reasons students give for choosing the PSG Diploma: personal development, increased job prospects, a career change, flexible working hours, to develop self-confidence and self-belief, to enhance professional and personal skills, an alternative income stream and a desire to help people.

Our coach training is based on the most current theories, real world case studies and practical methods and models. It supports you to be *ready to coach* as soon as you qualify and enables you to build the self-confidence and self-belief you need to reach your goals.

It's important to you, and to us, that you choose the right course. After all this may be your new career or new opportunity to do a job you love - something you have a passion for. So it is vitally important for you to develop a solid foundation of core competencies on which to grow and maintain your skills.

Why you want to choose this course:-

- **Our academic excellence and professionally recognized qualifications.** In the real world you need real and relevant skills plus real and relevant qualifications to enhance your job prospects
- **We are a QQI Registered Training provider.** For many years we have met and exceeded the high standards of quality assurance for policies and procedures as set out by FETAC and now QQI.
- **Protection for Learners.** We focus on supporting and protecting all our students in the event of something outside their control hindering them from completing their training. Under certain circumstances we can allow for 'pausing' and 'restarting' their learning at a later date.
- **Our trainers.** All our trainers are highly experienced at facilitation and are also qualified and experienced executive and life coaches. We select only the best trainers and coaches and you gain the benefit of their expertise, their commitment and their passion for training. All our trainers are actively involved in developing their skills through Continuing Professional Development (CPD)
- **Our course structure and content.** The course was developed and is continually enhanced and improved by Maureen Hewitt, one of Ireland's top coaches. Maureen has a great depth and breadth of knowledge and experience in coaching and course design and all of her real-world experience is brought into the course. So all the case studies and examples are based on real companies and real people. The skills you learn are skills that work in the real world and get you hired in real jobs.
- **Our teaching methods.** The course is highly experiential. We believe in learning by doing and we use multiple teaching media and styles to suit all learning types. Note: As part of the course accreditation you are required to complete 4 coaching sessions with a professional coach. The cost is set at a discounted rate of €50 per session, payable directly to the coach.
- **Our support.** As we are all qualified coaches, we like helping people to achieve their best results! We will support you throughout the course and after you qualify.
- **We support your Continuing Professional Development.**
For this reason we have created the Quality Coaching Circle - a Membership Programme for an International Community of Professional Coaches. Get support. Work with experienced coaches. Learn and practise new tools and techniques.

**GROW YOUR
OWN SUCCESS!**



Accredited Diploma in Executive and Life Coaching with QQI Level 6 award



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Academic Excellence and Relevance

The Accredited Diploma in Executive & Life Coaching is a part-time course for those wishing to become a practicing coach or to learn best practice coaching skills in order to improve their personal and professional effectiveness. The PSG Diploma is recognised as the quality mark of professional excellence in coaching.

The course leads to the following qualifications and accreditation

- 1) The Diploma in Executive and Life Coaching - a professional qualification which allows the student to practice as a coach and to become a member of professional accredited organisations such as the Life & Business Coaching Association of Ireland (LBCAI), the Association for Coaching (AC) and the International Coach Federation (ICF)*
- 2) QQI Level 6 Component Certificate in Professional Coaching Practice and Ethics - a nationally recognised academic qualification. This qualification is in addition to the Diploma and at no extra cost.



QQI AWARD

Course Duration

The course consists of 7 weekend sessions spread over 6 or 7 months. In addition there is external work including assignments, reading course books, giving and receiving coaching (peer, professional and pro bono), journaling, book and media reviews and study group meetings.

Course Fees

We aim to make our courses accessible and flexible for everyone and regularly offer discounts for early registrations. Please check our website or contact us for the latest discounts and special offers.

We also offer a flexible payment plan – interest free and spread out over the duration of your course. Instalments can also start before the course if you want to spread the cost over a longer period.

Funding options may be available for Jobseekers. Please contact us for details

Course Work and Evaluation

We understand that our students need to balance studying with other responsibilities in their lives. In order to support this, we spread the course work assignments and submissions across the duration of the course. Evaluations happen as an ongoing process and include practical observations, project work, written assignments, recommended reading, research and coaching logs.

Class sessions are 10am to 5pm (weekends). External course work would typically be 16 - 20 hours per month. You must attend a minimum 90% of all lectures and fulfil all course work requirements achieving a minimum total score of 75% to obtain a qualification.

Entry Requirements

This course has no formal qualification entry requirements. We appreciate and acknowledge that the best experience you can bring to coaching is your own real life experience. You will be expected to be competent in reading, writing and understanding English to a reasonable level.

We speak with each prospective student to ensure you know what is expected of you and that choosing this course is right for you and your needs.

Course Values and Support

We believe that the best learning happens when there is a support system in place so we put high value on feedback, study groups and sharing of knowledge. This approach enables students to have confidence in their skills and feel fully prepared to meet the standards required for Quality Coaching

Course Dates

The course runs three times each year, starting in Spring, Summer and Autumn. Please check our website or contact us for the latest course dates.

If you can't make certain dates let us know as we may have other options available.

- * The course is accepted by these and other organisations. Some may have additional criteria including a number of paid client hours. Contact us for the latest specific requirements.

EMAIL info@psg.ie or CALL 1890 253 134

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When you are involved in personal and professional development, you need to have an understanding of learning, human development, social interaction, motivation and emotional intelligence.

The PSG Coaching Diploma addresses all these factors

Weekend 1

- Best Learning Standards
- The Coaching Process
- Ethics and Logistics
- 7 Stage Process
- Values & Beliefs
- CoachAbility
- PSG Coaching Model
- PSG/ICF Competencies

Weekend 2

- Proficiencies
- Session Management
- Setting Expectations
- Goal Setting
- Professional Coaching
- Success
- Intake Session
- Direct Communication

Weekend 3

- Personal Effectiveness
- Triad Coaching
- The Challenge of Change
- Peer Coaching
- Neuroscience
- Contracting and Agreements
- Action Stations

Weekend 4

- Structure and Flow
- Pro-bono Coaching
- Real Case Studies
- Strengths Coaching
- Positive Psychology
- Self Management
- Boundaries and Tolerations

Weekend 5

- Executive Coaching
- Megatrends
- Emotional Intelligence
- Personal Review
- Positively Challenging
- Group Coaching

Weekend 6

- Practical skills demonstration
- Transferring skills
- The PSG DiveIn Model
- Evaluation and Assessments

Weekend 7

- Full personal review
- Locking in the learning
- Success Bank
- Up and running as a Coach
- Next Steps & CPD

This programme is about bringing awareness to support personal development: this results in better career prospects and progression with skills that are in high demand. You will work on real and relevant situations with real information to give you real results.

“Outstanding, substantive, and focused on providing tools for success.”

“The PSG Diploma in Executive & Life Coaching has been the single most significant learning experience I have ever had. When I signed up I wanted it to be stretching, challenging and learner centred. The structure, the learning methodologies used and delivery exceeded my expectations. Maureen Hewitt and the PSG team have built this into a very robust experiential learning programme and it is carefully crafted and intensive. It has increased my competency and confidence as a professional coach in my organisation and I have no hesitation in recommending PSG and this programme. Thank you PSG”

Ann Lane, Vice President – Leadership Development, Multinational Financial Services Company

Courses
Coaching
Consultancy
Emotional Intelligence



Positive**Success**Group



Call NOW:
1890 253 134

info@psg.ie
www.psg.ie

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