



## Which coaching qualification is right for me?

For any course that we sign up for, we want to have confidence that we are working at the right level. It can be frustrating to be on a course that doesn't stretch us enough, and awkward to be on one that feels too advanced for where we are currently at.

**Level 5** starts from first principles of coaching, and covers all the rudiments of skills, structure and process. It is detailed enough to be comprehensive, and to allow people new to coaching to develop to a high standard. Coaches are able to hold high quality, transformative coaching conversations

**Level 7** starts with the assumption that you have some coaching experience, formally or informally, and are ready to push on to develop advanced coaching skills. These will allow you to coach under challenging circumstances with a range of people

**Activity:** take this questionnaire to work out, initially, which may be the right course for you to attend

Question to ponder	Yes/no	Detailed response
Have you had any formal coach training or hold a coaching qualification?		
Do you get the opportunity to coach reasonably regularly?		
Have you received feedback on your coaching to say it is good and helpful?		
If you had to, could you explain the difference between coaching, mentoring and counselling?		
Could you list the key skills that are important for a coach to have?		
Do you have an approach/model for how to structure a coaching conversation?		
Are you good at listening?		
Are you really good at listening?!		
Do you ask interesting and insightful questions?		

## Love your coaching

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Are you comfortable with pausing and silences in a conversation?		
Can you resist giving advice, even if you think of a really good suggestion?		
Are you good at supporting people who show a range of emotional states?		
Do you spend enough time at the top of the session, making sure that the topic and the outcome are very clear?		
Do you spend enough time at the end of the session, making sure that the actions are solid, committed to and are clear?		

How did you do? If you answered **yes** to 6 or more of the questions, you will be suitable for the level 7 course, to help you get to an advanced level. And if you answered **yes** to fewer than 5, then the level 5 course may suit you best at the moment.

But this isn't the final word on the topic – the next step is to have a chat with one of the team to look in detail at your experience and background to finally allocate you to a level 5 or a level 7 programme

We always take great care to make sure that everyone comes on the right course, and we have a brief telephone interview to establish this. The idea is to give you a chance to talk through your coaching experience, explain what your coaching style is like, as well as to find out about your goals from the course. This works well to help you choose the right course, and to help us make sure that you are on the right course too!

Looking forward to chatting with you



Charlie Warshawski

Director, Love Your Coaching