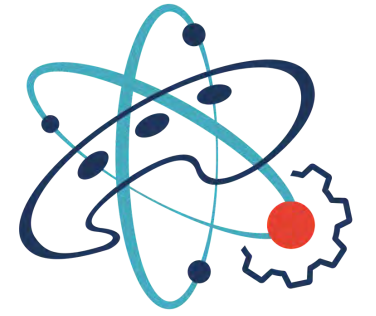


**Globally Accredited
SBS Certificate in Coaching
with Science, Artistry and Systems**

**The Coaching Pathway
Prospectus**



SBS Certificate in Coaching with Science, Artistry and Systems



Sandown Business School attracts professional individuals who are looking for a trusted and globally accredited high-quality coaching certification programme that builds it academics around the latest in evidence-based psychology, neuroscience and ontology.

- Sandown Business School has a proven track record and is known for its high-quality coaching certification and diploma programmes, with a reputation for producing skilled and effective coaches.
- We have an experienced and knowledgeable faculty who are experts in their respective fields, providing students with the latest research and practical knowledge.
- We offer flexible programmes that accommodate the needs of working professionals, with part-time online learning.
- We have a coaching approach that resonates with the values and goals of prospective students, such as a focus on building strong relationships, developing emotional intelligence and supporting positive transformation.
- Sandown Business School Alumni offers opportunities for students to connect with other professionals in their field, providing valuable networking opportunities that can help them advance their careers.

Why Choose to Certify as a Coach Today?

- **Increased resilience:** We are facing increasing systemic challenges requiring individuals to be more resilient and adaptable.
- **Professional coaching:** Learn how to equip yourself with the skills and tools needed to manage stress, build resilience, and thrive in the face of uncertainty and complexity.
- **Enhanced communication skills:** Effective communication is critical in today's business environment. Professional coaching can support individuals to improve their listening, questioning, and feedback skills. This can improve collaboration, reduce misunderstandings and build stronger relationships.
- **Better conflict management:** Systemic challenge can often lead to an increase in conflict and tension in relationships. Professional coaching can help individuals learn how to manage conflict effectively. This can lead to more productive and positive outcomes and reduce the negative impacts of conflict on individuals and organizations.
- **Improved emotional intelligence:** Systemic change can trigger strong emotions in individuals. Professional coaching can help individuals develop their emotional intelligence. This can improve their self-awareness, empathy and strengthen their ability to manage their own emotions, leading to better relationships and more effective leadership.
- **Increased self-awareness:** Professional coaching can help individuals become more self-aware, by identifying their strengths, weaknesses, assumptions, bias life scripts and blind spots. This can help them become more effective leaders, by playing to their strengths and addressing areas of development.
- **Career advancement:** With systemic challenge driving disruption in the workplace, individuals need to continually develop their skills and stay relevant. Professional coaching can help individuals build the skills and confidence they need to advance their careers and achieve their goals.
- **Contribution to social impact:** With the focus on social and cultural shifts in today's environment, professional coaching can contribute to positive social impact. Coaches can help individuals develop their communication skills to become better equipped to tackle social issues.

Ready to build and integrate your People, Power and Performance Skills?
Yes? Be courageous and make the right decision **now.**



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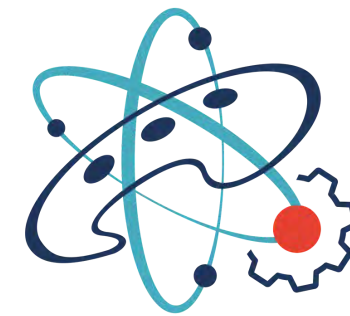
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SBS Certificate in Coaching with Science, Artistry and Systems



Module 1 - Foundations

- Neuro-Evolution of Professional Coaching
- Systemic Trust that Enables Healthy Collaboration
- **Signature Model - SAS Coaching Map**
- The Interface of Theory U with Coaching
- Co-Active Coaching Proficiencies
- Professional Ethics & Practice
- The Psychology of Contracting (Individual & Group)
- Effective Brand Presencing
- Neurobiology of Remote & Hybrid Assertiveness
- The Art of Reflective Practice

Learning Management System

Your bespoke LMS platform guides you through your learning journey. Everything you need and more is on our system.

Tutor Sessions

Small groups meeting with the course tutors to discuss goals, objectives and measure outcomes from the programme.
"How you are is how you coach".

Webinar

Webinar focused on how to work as a coach in any environment - in-house or with private clients.

Programme Launch

Getting familiar with the programme.
Be clear of your starting position and get to know your peers.
A strong start to your coaching journey.

Module 2 - The Coach

- How I am is how I coach - Who Am I?
- Understanding Direct and Indirect Coaching
- The Alchemy of Transformation
- Neuroplasticity & Creating Mental Strength
- The Anatomy of Co-Regulation and Connection
- Breaking through Unconscious Coaching Bias
- **Signature Models - PAUSE & SOURCE**
- Integrating a Coaching Mindset
- Recognising unconscious assumptions and bias at play

Module 3 - The Client

- Return On Investment of Coaching
- Neuroscience of Client Self Regulation/Self-Control
- Neurobiology of Decision Making in Chaos
- Interpersonal Contracting within Diverse Systems
- **Signature Models - SYSTEMIC & CARE**
- Aligning Client Energy Centres to achieve Meaningful Goals
- CARE for Client Open Loop System & Field

Module 4 - Assessment

To include online assessment, case study and writing up your reflections

Module 5 - Finales & Graduation

How to end well. Capturing your Journey
Collecting the wisdom
Reward Bank Building

Kirkpatrick, 1959, Levels of Evaluation are woven throughout the programme.



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Programme Course Dates - Autumn 2023

SBS Certificate in Coaching (AU09)

Modular programme: Saturday am and Tuesday pm

Programme Highlights: 45 hours over 4 months. Starts in October 2023 and concludes February 2023.

Summary of contact content: Regular Saturday AM and Tuesday PM sessions, which includes: Programme Launch, Learning Modules, 2 x Tutor Group sessions, Webinar and ending with Awards and Finales.

Programme Schedule	Dates	Time Zone: GMT
Programme Launch	3rd October	19.00-21.30
Tutor Group #1	10th October	19.00-20.00
Module 1	21st October	08.30-13.00
Pro-Bono Set up (optional)	7th November	19.00-20.00
Webinar #1	14th November	19.00-20.30
Module 2	25th November	08.30-13.00
Module 3	6th January	08.30-13.00
Tutor Group #2	16th January	19.00-20.00
Module 4 Assessment	20th January	08.30-11.00
Module #5 Awards & Finales	10th February	08.30-12.00



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The Next Generation of E-Learning



Learn and Grow on the Go....!

Research has found that remote learning maximises individual productivity through flexibility. Post pandemic, individuals are recognising the complex relationship between learning, wellbeing, workplace and social life.

Priorities have shifted towards a tighter integration of learning, work and personal needs.

Successful learning-life integration requires savvy goal prioritisation. We therefore have a unique opportunity to reimagine how digital technology can be more effective for individuals to learn remotely. With the developing digital capability, individuals can take advantage of learning online whilst harmonising work, life and learning.

We have developed a specially crafted learning experience that we know you will love. Effortless, Engaging and Effective training that includes interactive videos, e-books, quizzes, embedding exercises, assessments, certificates and belonging within a community.

Highlighted benefits:

- A broad global perspective.
- Easy access on mobile or desktop.
- Clear direction for students at every level.
- Convenience and flexibility built into the student journey.
- Better energy management.
- Peer exchanges to enrich learning experiences.
- Self-Paced Learning.
- Improved virtual communication and collaboration.
- Developing new technical coaching skills.



'Online learning is the Now ... New ... Normal'.



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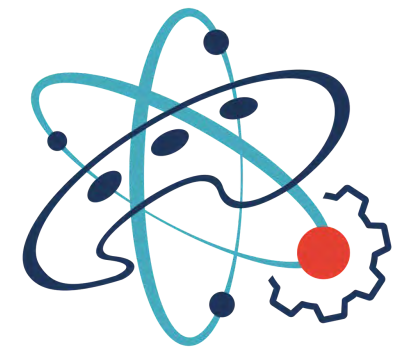
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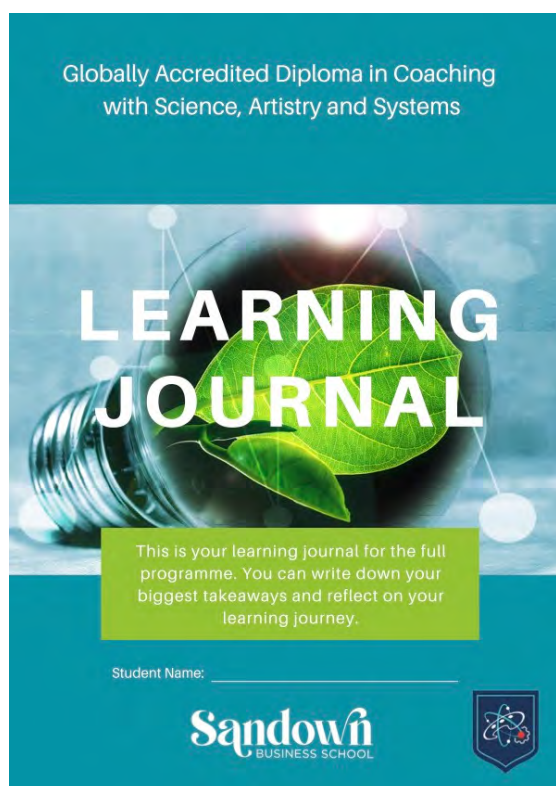


Our **Signature** Workbooks and Learning Materials



Our **Workbooks** and **Learning Materials** are two of the many ways in which our programmes set us apart from other coach training organisations. We are not just seeking to 'impart' knowledge about coaching, how to be a good or even great coach, what coaching skills are and how to use them. Instead, we are engaging our students to really 'know' who they are, recognise that 'how they are' and 'how they show up' dramatically impacts their coaching, their client, the systems and ultimately their business.

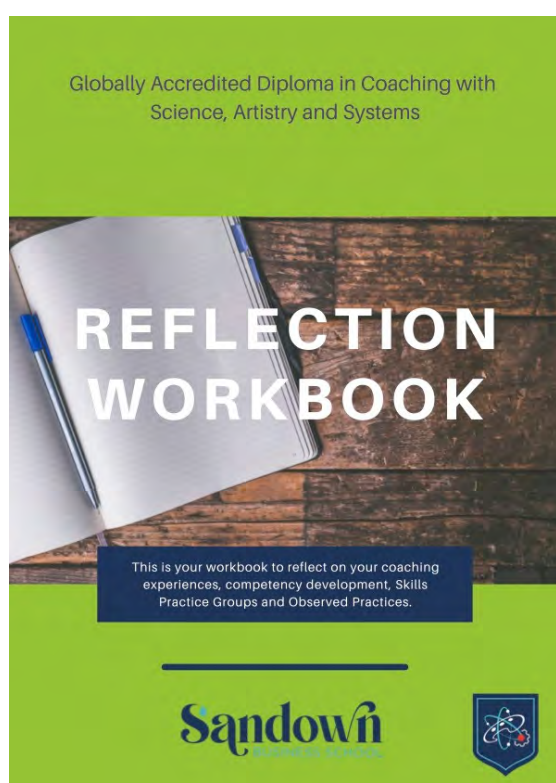
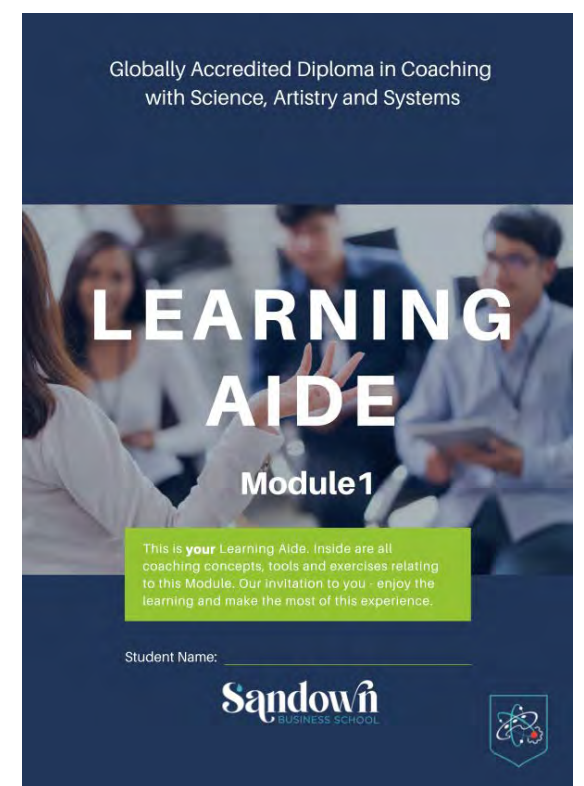
We are supporting our students to build their own Coach Signature. This provides them with the confidence to stand apart from the treadmill of other coaches. During our programmes our students develop their internal referencing to strengthen, equip and empower them from the inside ... out. Whilst knowledge is useful and can provide confidence in our capabilities, on its own it is not enough. Instead we need: Knowledge + embodied understanding + systemic awareness + at the core ... compassion (for self and other).



*Our **Learning Journal** follows all the evening events, provides questions, reflective suggestions and seeks to build the reflective practice 'muscle' to ensure our students are adopting best practice.*

*Our **Learning Aides** are a highlight of every programme. We offer additional content to support each Module. This has proven to enrich and deepen the student's knowledge & understanding. We also provide additional ways of learning; questions, quizzes & review materials to ensure our students are embodying their learning.*

Our programmes are whole-system learning - not just cognitive appreciation & development.



*Our **Reflection Workbook** focuses on the work the students complete with one another in their Skills Practice Groups; it captures their learnings from their Observed Practices; and also captures their Reflections which forms parts of their final Assessment.*

*Our **Purpose Playbook** is a great piece of work each student undertakes to form their signature.*



Thought Leadership

We live in a VUCA/BANI world and in order to survive we need to evolve our leadership, to be agile, to be authentic, to be integrated in our wellbeing and to be resilient in a way that is sustainable. The old style of leadership is no longer enough. With the emerging 'new ways of working' there are also 'new ways of leading' that need to be identified, adopted and embraced.

We have therefore developed our approach to Executive Coaching - The SBS Thought Partner Signature Map. This map presents the territory for Executive and Senior Leaders and helps to distinguish the offering of Sandown Business School. We draw together all these different disciplines and more, focus on different identity drivers and more, recognise the influences of different eco-systems and more and explore why it is important to always be open to the phrase 'and more'!

Want to find out more - get in touch today and we can discuss how Thought Partnering will work for you.



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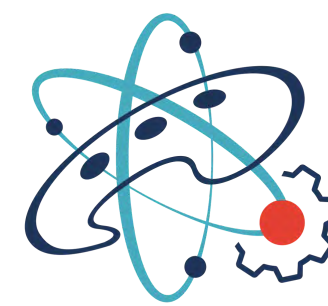
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SBS Certificate in Coaching with Science, Artistry and Systems



“Come and join us on one of our Coaching and/or Executive Education programmes. You will be awarded the status of a Professional Coach with the SBS qualification.”

Sandown Business School

This SBS Certificate in Coaching is the first of a series of coaching programmes designed by **Sandown Business School**, who have recently been awarded 'Best in Class' by the All Ireland Business Foundation.

This is a part-time course for those wishing to develop their coaching skills to support their profession or kickstart their journey towards becoming a professional coach.

Sandown Business School is fast becoming recognised as the coach educator who is raising the standards of professional coaching.

Professional Qualification

This qualification allows successful graduates to practice as a coach. This course leads to the following qualification:

SBS Certificate in Coaching with Science, Artistry and Systems.

This course has qualifies as coach education hours towards ICF (ACC) and EMCC (Foundation/Practitioner) and AC (Coach/Professional Coach)

Entry Requirements

None of the courses at this level have a formal qualification entry requirement. We appreciate, however, you are bringing your life experiences to the learning which will immediately support you in your growth and development as a coach.

You will be expected to be competent in reading, writing and understanding English to a reasonable level - although we are hoping in the future to run our courses in different languages.

Programme Duration

Our Modular programme runs over 4 months. There are learning activities with Tutors, peers, or for your own self-study, reflections and research. Our programme runs on Saturday mornings and Tuesday evenings.

Any other elements required for this programme are arranged between the Tutor and Students.

Programme Attendance

We appreciate our students are balancing work and life whilst studying for this Certificate. We have therefore carefully written this programme to optimise embedding learning over the 4 months. All programme elements are structured to support and enhance your student journey. Our goal - to maximise your learning.

Attendance requirements: Sandown Business School require 95% attendance to award you the **SBS Certificate in Coaching with Science, Artistry and Systems**.

Payment Options

We want to ensure our courses are accessible and flexible for everyone. We regularly offer 'Early Bird' discounts and also offer a 10% reduction on any course if a student refers a colleague who registers and pays for a place on the same programme.

We provide the opportunity for students to take out a flexible payment plan. This is interest free and spreads out over the duration of your course. Instalments can even start before the course begins to spread the payments over a longer period. For detailed information, please read our payment terms and conditions.

If a student uses a CREDIT CARD, please add a fee of 1.75%. Or PAYPAL please add a fee of 4.95%. Both amounts will be added to the invoice.

This is a life changing programme integrating neuroscience, psychology and ontology. Key concepts for today and tomorrow. Remember the quote we love 'How you are is how you Coach'. Know who you are and all you bring to coaching.



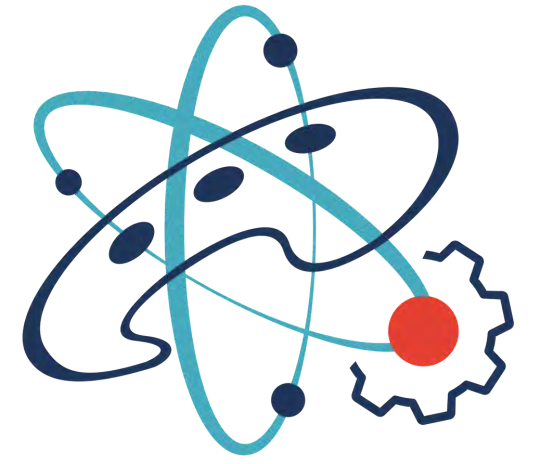
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Come and learn the truth about who you are as a coach; how to be in 'flow' as a coach and finally design the kind of Coach, Supervisor and/or Leader you are and want to be.

Join our robust educational, theoretical and practical programmes. Be supported to become outstanding in your chosen professional field.

Ready? Get in touch today.

If you would like to progress an application or learn more about the programme please go to our website at:

www.sandownbusinessschool.com

Or contact us via sales@sandownbusinessschool.com or admin@sandownbusinessschool.com

Alternatively, we'd be delighted to answer any queries directly:

You can speak to us on:

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