

Sandown

BUSINESS SCHOOL

A new science of coaching

Brochure 2024

Spring Edition

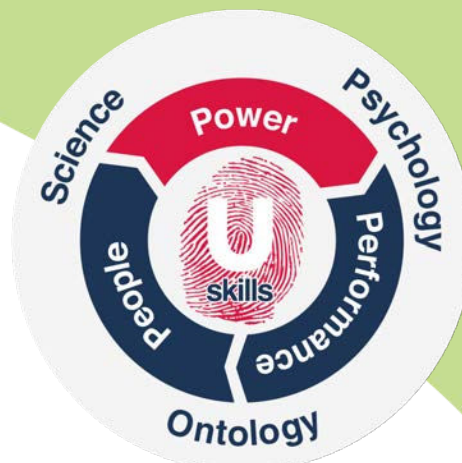
Learn about our
Professional Academy of Coaching



Sandown Business School is one of the newest hybrid business schools run by professionals with over 50 years of experience. Our programmes are enriched by the latest knowledge & research joined together with our commercial, coaching and leadership experiences.

Sandown Business School exists in service of the recognition for today's need to be a life long learner, have the ability to challenge the status quo at every level whilst harnessing the magic of co-creating your reality.

- Our programmes compound People Skills, Power Skills and Performance Skills (our Signature 3Ps).
- Our students emerge able to integrate the 3P Skills into personal and professional success.
- Our programme design embeds learning using a 'Spiral Learning' approach. Each programme deepens the level of content which supports our students to 'know' the kind of coach they are - and most importantly - 'be' the kind of coach they want to be.



People Skills

Skills supporting people to belong and have healthy relationships.

Effective Communication & Enquiry
Social Alchemy
Humble Mindset
Compassionate Care
Inner/Inter Connection Trust & Safety
Relational Networking
Coaching & Mentoring
Authenticity & Authentic Partnerships

Power Skills

Skills supporting people's innate power to excel in their roles and lives.

Energy Management
Decision Making
A Negotiation Mindset
State Regulation
Self-Awareness & Self-Management
Enquiring Mind
Intuitive Intelligence
Emotional Intelligence

Performance Skills

Skills supporting people to make a healthy impact in all they do.

Adaptive Intelligence
Critical Thinking & Problem Solving
Creativity & Innovation
Focus & Attention
Openness to Challenge
Continuous Growing Mindset
Commitment & Accountability
Reward & Result

A place for professionals, students and life long learners to come and develop, enhance and master their inter and intra-personal power skills.

We will give you a robust toolbox filled to the brim with practical techniques, methods, theories and processes you can put into action immediately. Our purpose is to equip you to become the Coach, Supervisor and Leader you aspire to become.

LEARNING APPROACH

Our teaching is based on a spiral learning curriculum which has three key principles (1) Cyclical Learning, (2) Increasing Depth on each iteration, and (3) Learning by building on prior knowledge. Jerome Bruner (1960) developed a curriculum design in which key concepts are presented repeatedly throughout the curriculum, but with deepening layers of complexity, or in different applications. As each of the layers becomes internally activated and accepted, the learner can move on to the next layer, building their skill, confidence and ultimately - mastery.

OUR PHILOSOPHY

Our philosophy is formed by the belief that everyone has the right to pursue knowledge. There are three methodologies we use to explore knowledge: **Science, Artistry and Systems**. These three methodologies are currently expressed through Neuroscience, Psychology and Ontology.

Our working definitions are:

Neuroscience

Scientific study of the nervous system

Psychology

Scientific study of the mind and behaviour

Ontology

Study on the nature of being

TRAINING APPROACH

We take a person-centred approach to adult learning. Our programmes are experiential; learning by doing, being, questioning, developing and authentically becoming more you.

We will show you how to develop a reflective practice, deepen self-awareness and recognise any limiting beliefs. All of which will equip you throughout your professional and personal life. Embedded in all our programmes is feedforward which you will receive from peers, tutors and, if you choose, a mentor coach (which can be used as part of your accreditation portfolio).

ALCHEMY - CORE BELIEF

The Alchemy archetype runs throughout our training methods. We believe in the following:

- Alchemists believe in endless possibilities.
- Alchemists are motivated to manifest new and more compassionate visions for themselves and the world.
 - Alchemists are motivated to act.
 - Alchemists are curious.
 - Alchemists are catalysts.
 - Alchemists are innovators.

If you can tick any of these traits - our programmes are designed with you in mind.



+44 (0) 7764 812503
+353 (86) 0214003



admin@sandownbusinessschool.com



www.sandownbusinessschool.com

“The quality of your attention and engagement will become the alchemy for your clients’ transformation”



WHAT YOU CAN EXPECT FROM US

We want our legacy to be the development of high calibre global coaching programmes.

We are committed to the pursuit of excellence based on robust science, honouring the uniqueness of each developing coach.

We have designed stimulating, demanding and enjoyable programmes that will bring out and develop your own inherent knowledge and abilities.

Be prepared to grow and develop.

QUALITY IS PARAMOUNT

Our programmes will enable you to gain the most up-to-date globally recognised professional coaching qualifications.

Our **Signature models** have been developed over many years of experience.

Our facilitators hold credentials with the following professional bodies: ICF/EMCC and AC. They are Master Certified Coaches and have extensive business & organisational experience.

You are in amazing hands.

'HOW YOU ARE IS HOW YOU COACH'

We have adapted a well known quote to align with one of our core beliefs 'How you are is how you coach'. Therefore you can expect: a) support as you challenge your filters, bias, and assumptions; b) to embed your learning by practice, observation and receive feedforward from a variety of sources; and most importantly c) to deepen and enrich your understanding of you.

This is our invitation to you. Come and develop your authentic self, align your inner-net, know who you are, how to remain balanced, resourced and strong in yourself. Develop the ability to listen and question to a healthy impact level that is in service of your client. Know how to focus on your client’s agenda, bring all of you to the conversation and ultimately make the difference for your client's potential.

We know how amazing you are - the question is... do you?



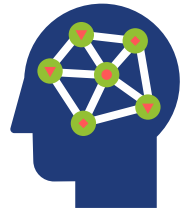
+44 (0) 7764 812503
+353 (86) 0214003



admin@sandownbusinessschool.com



www.sandownbusinessschool.com



Our world is evolving faster than we are developing our adaptation skills!

Never in the world's history have humans been asked to cope with so many demands on their attention, energy and focus. We therefore need different types of intelligences and capabilities, integrated into our way of being, in order to thrive not merely survive.

Whilst traditional Linear Coaching supports you to get things done and to move forward quickly. It does raise a question - is there a real change? Or is the change in the 'doing' rather than the 'being'?

We, at SBS, focus on just that - how to change 'being' which results in transformational change. Our approach provides a systemic biological transformation that enables the individual to 'be' more rather than just 'do' more. **We provide a whole-system approach to coaching.** What does this mean? You (and your clients) will be able to make quality decisions, regulate your energy and manage your internal nervous system triggers. All of which automatically translates into being more resilient, more creative and ultimately being grounded with a healthy nervous system based in Reward - not Threat.

WHO NEEDS TO SAY YES TO THIS PROGRAMME?

- Those wanting to apply for a professional coach credential/accreditation.
- Those needing additional human behavior knowledge, skills & expertise.
- Professionals seeking depth to their impact.
- Those wanting to be known as transformational.
- Leaders desiring neuro-resilience to effectively lead in a BANI landscape.
- Anyone recognising their need to deepen their understanding of who they are, how they can live their purpose and what is required for a healthy whole-system.



PROGRAMME TEASER

(PRACTITIONER - EMCC) (LEVEL 1 - ICF) (PROFESSIONAL COACH - AC)

Success Framing

Module 1

Module 2

Module 3



Theme

Elements for Success

Theme

Foundations

Theme

The Coach

Theme

The Client

Content

Coaching - What is it?
SAS Competencies
Coaching fundamentals

Content

Coaching Skills & Practice
Embodied Trust
Levels of Listening

Content

Who am I?
Mapping Values
Biological mindset

Content

Systemic Coaching
3rd Party Involvement
Neuro-positive energy



Bespoke online learning platform

Assessment

Topical Panels

Webinars

Mentor Coaching

Endings & Awards

Practice Groups

Observed Practice



+44 (0) 7764 812503
+353 (86) 0214003



admin@sandownbusinessschool.com



www.sandownbusinessschool.com



The market expects coaches to have the right credentials and from recognised globally accrediting bodies. If you don't act now ... you will get left behind.

According to the World Economic Forum in the Fifth Industrial Revolution, humans and machines will dance together, metaphorically. This will allow for a more humanistic, somatic and human-centred approach to coaching. It needs a school of ethics dedicated to enabling coaches and clients to be safe. Progressive accrediting bodies like the ICF, EMCC and AC are essential in future-proofing the service offer of coaching to organisations and individuals.

WHO NEEDS ACCESS TO ACCREDITATION PATHWAY EXPERTISE?

- Coaches wanting to future proof their coaching, skills and competencies.
- Coaches needing to formally accredit their coaching practice.
- Coaches seeking to make a profession out of their coaching skills and knowledge.
- Coaches needing to satisfy market accreditation bench marks.
- Coaches who have become aware of the brand value of accreditation.
- Coaches who have undergone training, but are still not sure who they are as a coach and, most importantly, what they offer as their coaching niche.

TRENDS THAT ARE SHAPING THE FUTURE OF COACHING

- **Confirmation of Qualifications:** Quality assurance is becoming a priority for businesses and individuals who hire coaches.
- **Global shift in the value of coaching:** Previously coaching was considered a luxury available only to senior leaders. Now, it has transformed into being perceived as a significant contribution to the success of an organization in which all stakeholders can participate.
- **Coaching is reaching historically underserved populations:** This is a fast growing trend where coaches are developing a specialist niche. For example, focused coaching may include: coaching serving the retired population; end of life coaching; mental health wellness and female executives in the workplace.
- **Coaching is being scaled with the help of digital technology:** Employers are making coaching available on demand to give people the right level of support and provide a safe environment to help them stay well.
- **Coaching as a workplace benefit.** Forbes recently conducted a survey where they asked: 'What benefits are employees seeking for in the future?' More than half listed professional development as vital for the future and coaching was amongst the top three answers.
- **Millennials:** As a generation they are more open to seeking help from a life coach than previous generations. They see life coaching as a valuable investment that will enable them to achieve their goals, identify their purpose and improve their life.
- **The globalisation of the world:** As digital competence and experience continue to rise, coaches are able to connect with clients from many countries. This has not only expanded their market reach, but has also heightened competition.

SBS Coaching Pathway

SBS Certificate in Coaching Coach education hours towards: ICF (ACC) and EMCC (Foundation/Practitioner)

45 hours over 4 months

Using a Spiral Learning approach which has proven to be effective in long-term learning.

Come and learn how to be a coach for life and for business. Develop essential coaching skills and strengthen patterns of working with others. This will change the way you think.

You will walk away with many powerful coaching tools that will change your life and your clients.

Globally Accredited Practitioner Diploma in Coaching

Level 1 (ICF)

**Practitioner (Level 5 EQA) (EMCC)
ACCT (AC)**

107 hours over 7 months building upon the methodologies of Neuroscience, Psychology and Ontology.

Come and develop a whole-system approach to your coaching, using unique SBS tools, models and approaches.

Included is 10 hours of Mentor Coaching or 10 hours of Coach Supervision + the option of pro-bono coaching to kickstart your journey into professional coaching.

Globally Accredited Advanced Practitioner Diploma in Coaching Level 2 (ICF) (Level 7) Senior Practitioner (EMCC) ADCT (AC)

191 hours over 10 months

All the elements mentioned in the SBS Practitioner Diploma plus Spiral Learning at the second stage. This is where you will start to build the artistry part of your coaching.

There is also the option of an additional 32 hours pro-bono coaching to accelerate your journey into professional coaching.

As with all our Diplomas, 10 hours of Mentor Coaching or Coach Supervision is included.

Master Diploma in Leadership Coaching & Mentoring

Level 2 (ICF)

**(Level 7) Senior Practitioner (EMCC)
ADCT (AC)**

275 hours over 13 months

Using the same spiral learning approach plus all the elements mentioned in the Advanced Diploma but all now studied at a Mastery level.

Building upon the methodologies of Neuroscience, Psychology and Ontology to understand:
"How you are - is How you Coach".

We explore setting up your coaching business, developing a business 360, knowing what foundations and archetypes prime you for success with the Purpose Playbook strongly representing your signature fingerprint which can also become the bedrock of any business plan.



+44 (0) 7764 812503
+353 (86) 0214003



admin@sandownbusinessschool.com



www.sandownbusinessschool.com

SBS Coaching Pathway

SBS Certificate in Coaching Coach education hours towards: ICF (ACC) and EMCC (Foundation/Practitioner)

45 hours over 4 months

Using a Spiral Learning approach which has proven to be effective in long-term learning.

Come and learn how to be a coach for life and for business. Develop essential coaching skills and strengthen patterns of working with others. This will change the way you think.

You will walk away with many powerful coaching tools that will change your life and your clients.

Globally Accredited Practitioner Diploma in Coaching

Level 1 (ICF)

**Practitioner (Level 5 EQA) (EMCC)
ACCT (AC)**

107 hours over 7 months building upon the methodologies of Neuroscience, Psychology and Ontology.

Come and develop a whole-system approach to your coaching, using unique SBS tools, models and approaches.

Included is 10 hours of Mentor Coaching or 10 hours of Coach Supervision + the option of pro-bono coaching to kickstart your journey into professional coaching.

Globally Accredited Advanced Practitioner Diploma in Coaching Level 2 (ICF)

**(Level 7) Senior Practitioner (EMCC)
ADCT (AC)**

191 hours over 10 months

All the elements mentioned in the SBS Practitioner Diploma plus Spiral Learning at the second stage. This is where you will start to build the artistry part of your coaching.

There is also the option of an additional 32 hours pro-bono coaching to accelerate your journey into professional coaching.

As with all our Diplomas, 10 hours of Mentor Coaching or Coach Supervision is included.

Master Diploma in Leadership Coaching & Mentoring

Level 2 (ICF)

**(Level 7) Senior Practitioner (EMCC)
ADCT (AC)**

275 hours over 13 months

Using the same spiral learning approach plus all the elements mentioned in the Advanced Diploma but all now studied at a Mastery level.

Building upon the methodologies of Neuroscience, Psychology and Ontology to understand:

"How you are - is How you Coach".

We explore setting up your coaching business, developing a business 360, knowing what foundations and archetypes prime you for success with the Purpose Playbook strongly representing your signature fingerprint which can also become the bedrock of any business plan.



+44 (0) 7764 812503
+353 (86) 0214003



admin@sandownbusinessschool.com



www.sandownbusinessschool.com

SBS Leader as Coach Pathway

3 hour Workshop Leader as Coach

3 hours CPD credits

This workshop has been specifically designed to show you how to build your "coaching muscles" to use with your teams, your organisation, your stakeholders and all in your working and life systems.

Learn the secrets to effectively work through others, demonstrate and set the tone for an amazing business culture and ensure you have the Leader-Coach skills and inner competence required for today's professional environments.

Leader as Coach

Accreditation: AC - RCLaC

Pilot

A two-day programme for those wanting to incorporate coaching capability and skills into their people development expertise or begin their journey towards a professional coaching qualification.

This programme has been carefully designed to give you the RCLaC qualification from the Association for Coaching (AC). If you later wanted to move across to the Pro Cert - we have an easy access route.

All our programmes use Neuroscience, Psychology and Ontology as the methodologies for learning.

You will learn how to develop the awareness of the differences between coaching, mentoring, leading and managing.

You will practice using essential coaching skills and receive feedback/feedforward from Master Coaches.

Professional Award in Executive Coaching

Accreditation: AC - AACT

Coach education hours towards ICF (ACC) and EMCC (Foundation/Practitioner)

86 hours over 12 weeks (with two weeks off to catch up)

Using a Spiral Learning approach which has proven to be effective in long-term learning.

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.

Come and learn how to develop essential coaching skills and strengthen patterns of working with others. This will change the way you think.

All three programmes are available virtually, face to face and are also available as in-house programmes for organisations to strengthen their leaders in coaching.

Sign up to join our waiting list.



+44 (0) 7764 812503
+353 (86) 0214003



admin@sandownbusinessschool.com



www.sandownbusinessschool.com

SBS Leader as Coach Pathway

3 hour Workshop Leader as Coach

3 hours CPD credits

This workshop has been specifically designed to show you how to build your "coaching muscles" to use with your teams, your organisation, your stakeholders and all in your working and life systems.

Learn the secrets to effectively work through others, demonstrate and set the tone for an amazing business culture and ensure you have the Leader-Coach skills and inner competence required for today's professional environments.

Leader as Coach Accreditation: AC - RCLaC

A two-day programme for those wanting to incorporate coaching capability and skills into their people development expertise or begin their journey towards a professional coaching qualification.

This programme has been carefully designed to give you the RCLaC qualification from the Association for Coaching (AC). If you later wanted to move across to the Pro Cert - we have an easy access route.

Professional Award in Executive Coaching

Accreditation: AC - AACT

Coach education hours towards ICF (ACC) and EMCC
(Foundation/Practitioner)

86 hours over 12 weeks (with two weeks off to catch up)

Using a Spiral Learning approach which has proven to be effective in long-term learning.

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.

Come and learn how to develop essential coaching skills and strengthen patterns of working with others. This will change the way you think.



+44 (0) 7764 812503
+353 (86) 0214003



admin@sandownbusinessschool.com



www.sandownbusinessschool.com

Invest in you and your business today...

SBS Certificate in Coaching with Science, Artistry and Systems

This programme is run over 4 months:

**Modular (online)
(4 months, 45 hours)**

Apply for a detailed Student Prospectus now and see what fits your schedule.



€1,855

Early bird discounts available.

Globally Accredited Practitioner Diploma in Coaching with Science, Artistry and Systems

This programme is run over 7 months:

**Modular (online)
(7 months, 107 hours + 25 hours pro-bono)**

Apply for a detailed Student Prospectus now and see how this programme fits with your schedule.



€4,255

Early bird discounts available



'Coaching works because people learn by doing what they would have done anyway - just smarter, faster, better - and with support and feedback.' Consulting Today

Globally Accredited Advanced Diploma in Coaching with Science, Artistry and Systems

This programme is run over 10 months and is currently run online.

**Modular (online)
(10 months, 191 hours & option of 40 hours pro-bono)**

Apply for a detailed Student Prospectus and see how this programme fits with your schedule.



€6,495

Early bird discounts available.



Master Diploma in Leadership Coaching and Mentoring with Science, Artistry and Systems

This programme is restricted in numbers, tailored to your learning requirements and runs over 13 months.

**Modular (online)
(13 months, 275 + option of 60 pro-bono coaching hours)**

Apply for a detailed Student Prospectus and see how this programme fits with your schedule.



€9,440

Early bird discounts available.



+44 (0) 7764 812503
+353 (86) 0214003



admin@sandownbusinessschool.com



www.sandownbusinessschool.com

Invest in you and your business today...

Leader As Coach

This programme is run over two-days and can be run in person or online. There is also a high value 2 hour webinar accompanying this programme during the evening inbetween the two days.

**Two days 10am-4pm
(online or in-person)
(12 hours)
(RCLaC accreditation)**



€595



Early bird discounts available.

Professional Award in Executive Coaching with Science, Artistry and Systems

75 hour programme which runs over 12 weeks and is currently online.

**Modular (online)
(12 weeks, 75 hours)**

Apply for a detailed Student Prospectus now and see what fits your schedule.

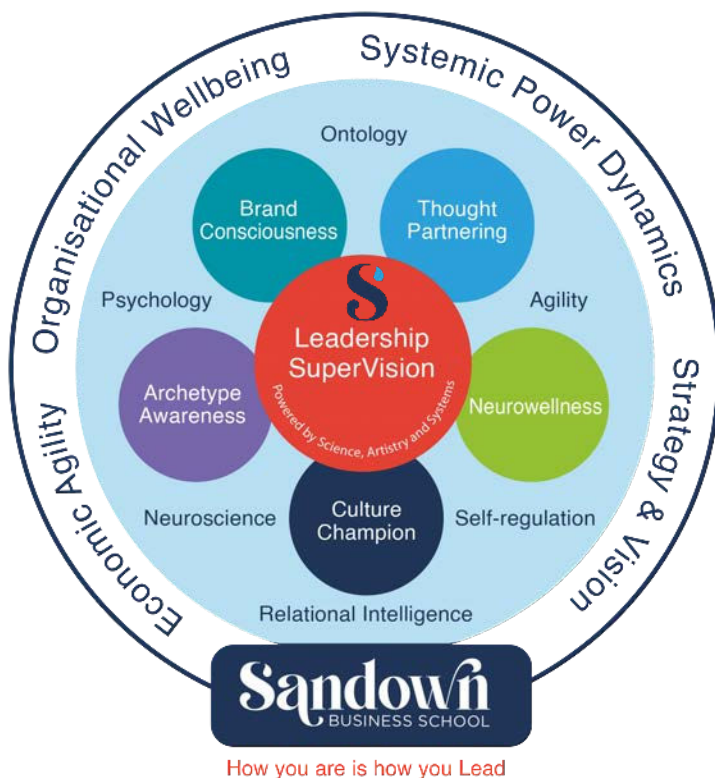


€2,345



Early bird discounts available.

'Leadership coaching today is not a luxury; it's a necessity. It cultivates self-awareness, fosters continuous learning and unleashes the full potential of leaders and their teams in an ever-changing world.'



Individual Thought Partnering Programmes

The Thought Partner Signature Model maps 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'!

Get in touch today to discuss how we can support you.

€poa



+44 (0) 7764 812503
+353 (86) 0214003

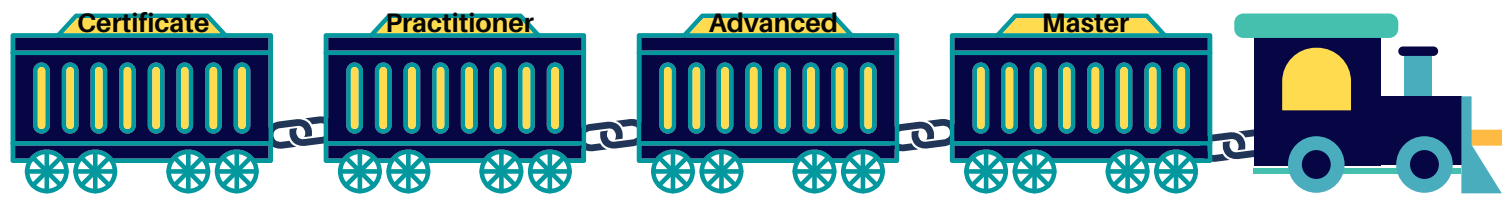


admin@sandownbusinessschool.com



www.sandownbusinessschool.com

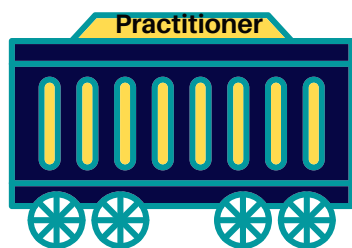
Students wanting to complete the next level of coach education (Route 1) OR Experienced Coaches wanting to gain a personal credential (Route 2)



We have been approached by many experienced coaches asking 'Can I join a programme to gain enough accredited coach education to apply for a personal credential with the ICF, EMCC and/or AC?'. The answer is **YES**. We have an easy process for experienced coaches to join our stand-alone programme - the **Fast-Track Advanced Practitioner in Coaching**. This programme is 100 hours and as long as you have a minimum of 25 hours previous coach education (ICF approved) you can join this programme, complete the 100 hours and all the requirements of the programme to be eligible for a Level 2 ICF Award. For EMCC and AC you need 50 hours of previous coach education and again completed all the requirements of this programme and you will be eligible for a Bespoke Level 7 EMCC Award; and/or ADCT AC Award. **What credential could you apply for? ACC or PCC - ICF. Practitioner or Senior Practitioner - EMCC. Professional or Professional Executive Coach - AC.** How? Details are below indicated by the title 'Route 2'.

We also have students who have studied with us coming back and asking to complete the next level of training - and we have developed an easy process for this too. 'Route 1'

Route 1



Route 1:

The 'jump' involves approximately an additional 71 hours.

Professional Award of Executive Coaching to Practitioner Diploma in Coaching

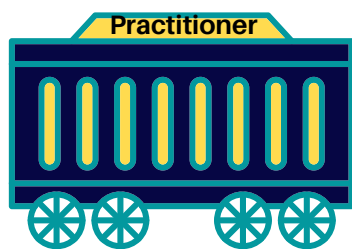
Jump across from the Professional Certificate of Executive Coaching to the Practitioner Diploma in Coaching you will need to complete the following:

- ✓ Module 4 (new version) and Module 5
- ✓ Observed Practices x 3 with Feedback
- ✓ Accreditation Camps x 2
- ✓ Guest Speaker Event x 1
- ✓ Pro-Bono Coaching - 25 hours
- ✓ Mentor Coaching or Supervision 10 hours
- ✓ Tutor Session and Pro-bono Set up
- ✓ Online Pre and Post Learning = 8 hours
- ✓ Video Learning = 1 hour 30 minutes
- ✓ Final Submissions & Final Evaluation

Materials Supporting the programme = 8 hours

€2,255

Route 1



Route 1:

The 'jump' involves approximately an additional 91 hours

SBS Certificate of Coaching to Practitioner Diploma in Coaching

Jump across from the SBS Certificate of Coaching to the Practitioner Diploma in Coaching you will need to complete the following:

- ✓ Modules: 4, 5 and 6
- ✓ Observed Practices x 3 with Feedback
- ✓ Accreditation Camps x 2
- ✓ Guest Speaker Event x 1
- ✓ Skills Practice Groups x 4
- ✓ Pro-Bono Coaching - 25 hours
- ✓ Mentor Coaching or Supervision 10 hours
- ✓ Tutor Session and Pro-bono Set up
- ✓ Online Pre and Post Learning = 8 hours
- ✓ Video Learning = 1 hour 30 minutes
- ✓ Webinar x 1
- ✓ Final Submissions & Final Evaluation

Materials Supporting the programme = 8 hours

€2,755



+44 (0) 7764 812503
+353 (86) 0214003

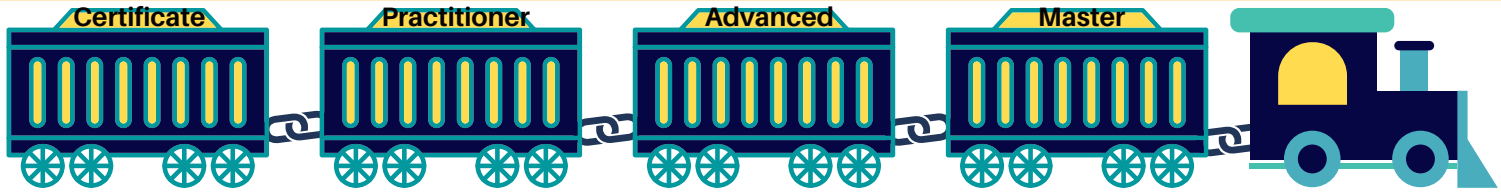


admin@sandownbusinessschool.com

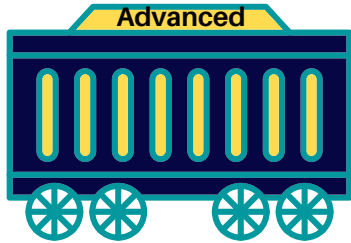


www.sandownbusinessschool.com

Students wanting to complete the next level of coach education (Route 1) OR Experienced Coaches wanting to gain a personal credential (Route 2)



Route 1



The 'jump' involves approximately an additional 92 hours.

Practitioner Diploma in Coaching to Advanced Diploma in Coaching

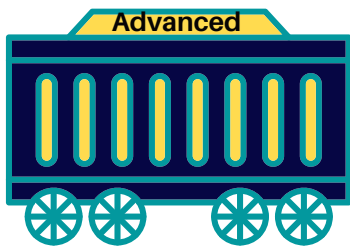
Jump across from the Practitioner Diploma in Coaching to the Advanced Practitioner Diploma in Coaching you will need to complete the following:

- ✓ Modules: 5, 6, 7, 8 and 9
- ✓ Observed Practice x 1 with Feedback
- ✓ Skills Practice Groups x 4
- ✓ Guest Speaker Event x 1
- ✓ Tutor Session = 2 hours
- ✓ Pro-Bono Coaching = 15 hours
- ✓ Group Supervision x 4 = 8 hours
- ✓ Webinar x 1
- ✓ Online Pre and Post Learning = 1 hour
- ✓ Video Learning = 6 hours
- ✓ Pro-bono Briefing = 2 hours
- ✓ Final Submissions = 8 hours

Materials Supporting the programme = 8 hours

€2,855

Route 2



Approx 100 hours

*Mentor Coaching is 7 hours in group and 3 x 1:1 sessions with a stand-alone cost of €1,295.

However, this fee has been reduced by 15% if completed as part of this programme.

Fast-Track Advanced Diploma in Coaching

You will need to complete the following, plus enter with a minimum of **25 hours ICF acknowledged coach education for the ICF accreditation. For EMCC and AC all previous coaching education is counted.**

Minimum required for entry into the Fast-Track: 50 hours:

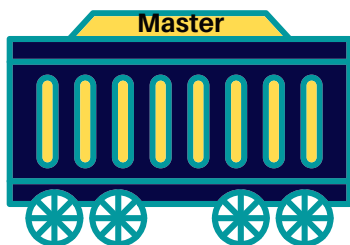
- ✓ Modules: 5, 6, 7, 8 and 9
- ✓ Observed Practice x 5 with Feedback
- ✓ Skills Practice Groups x 4
- ✓ Guest Speaker Event x 1
- ✓ Tutor Session = 2 hours
- ✓ Pro-Bono Coaching = 40 hours
- ✓ *Mentor Coaching = 10 hours
- ✓ Group Supervision x 4 = 8 hours
- ✓ Webinar x 1
- ✓ Online Pre and Post Learning
- ✓ Video Learning
- ✓ Pro-bono Briefing
- ✓ Final Submissions
- ✓ Final Performance Evaluation

Materials Supporting the programme

Complete the core requirements

€3,956

Route 1



The 'jump' involves approximately an additional 85 hours

Advanced Diploma in Coaching to Master Diploma in Leadership Coaching and Mentoring

Jump across from the Advanced Practitioner Diploma in Coaching to the Master Diploma in Leadership Coaching and Mentoring you will need to complete the following:

- ✓ Modules: 8 to 11.
- ✓ Webinars x3
- ✓ Skills Practice Groups x 4
- ✓ EQi2.0 Report with Feedback
- ✓ Pro-Bono Coaching = 20 hours
- ✓ Business 360 Review
- ✓ Business Archetypes
- ✓ Additional Learning Materials
- ✓ Online Pre and Post Learning
- ✓ Video Learning
- ✓ Final Submissions
- ✓ Literature
- ✓ Setting up your business

Materials Supporting the programme

€2,655



+44 (0) 7764 812503
+353 (86) 0214003

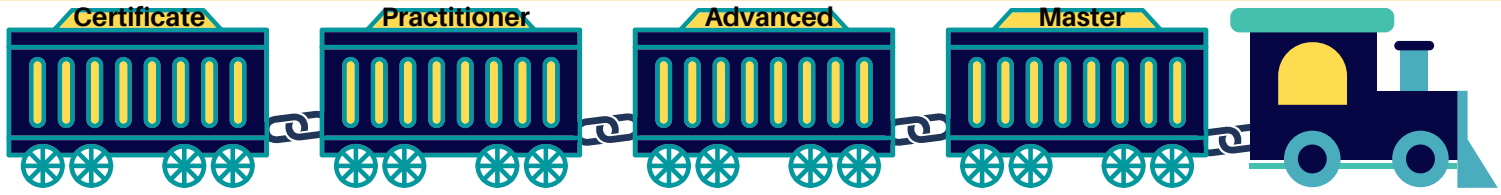


admin@sandownbusinessschool.com

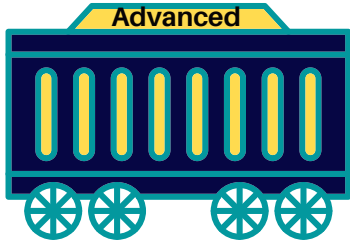


www.sandownbusinessschool.com

Students wanting to complete the next level of coach education (Route 1) OR Experienced Coaches wanting to gain a personal credential (Route 2)



Route 2



Approx 185 hours

*Mentor Coaching is 7 hours in group and 3 x 1:1 sessions with a stand-alone cost of €1,295. However, this fee has been reduced by 15% if completed as part of this programme.

Fast-Track Advanced Diploma in Coaching & Stand-alone Master Diploma

You will need to complete the following, plus enter with a minimum of 25 hours ICF acknowledged coach education for the ICF accreditation. For EMCC and AC all previous coaching education is counted. Minimum coach education required for entry into the Fast-Track: 50 hours:

- ✓ Modules: 5 - 11
- ✓ Observed Practice x 5 with Feedback
- ✓ Skills Practice Groups x 8
- ✓ Guest Speaker Event x 1
- ✓ Tutor Session = 2 hours
- ✓ Pro-Bono Coaching = 60 hours
- ✓ *Mentor Coaching = 10 hours
- ✓ EQi2.0 Report with Feedback
- ✓ Business Archetypes
- ✓ Materials Supporting the programme
- ✓ Group Supervision x 4 = 8 hours
- ✓ Webinar x 3
- ✓ Online Pre and Post Learning
- ✓ Video Learning
- ✓ Pro-bono Briefing
- ✓ Final Submissions
- ✓ Final Performance Evaluation
- ✓ Business 360 Review
- ✓ Setting up your business
- Complete the core requirements

€6,465

Starting in February 2024



Team Coaching Competencies

ADVANCED CERTIFICATION IN
TEAM COACHING
ICF

Come and learn how to master the ICF Team Competencies with a seasoned professional who regularly supports individuals to master the ICF, EMCC and AC competencies.

We have a newly developed training programme covering the required 60 hours of coach education training which includes individual and group training. You will also gain your 10 hours of Mentor Coaching within this programme plus practice team coaching, which is one of the fastest growing areas of coaching today. And the good news - there is still room for you to be ahead of the crowd.

Get in touch today and find out when our next programme is starting. If you delay - you will regret it as this area will only increase in popularity.



Co-Managing Partner and Academic Director of Sandown Business School
MA, MSc, PCC (ICF), Master Executive Coach (AC)
ACTC (ICF) Team Coach/Supervisor, Master NLP Train the Trainer
ESIA Accredited Coach/Mentor Supervisor and
EIA Senior Practitioner (EMCC)
<https://www.linkedin.com/in/pheona-croom-johnson-ma-msc-pcc-ela-esia-mec-actc-b9994>

Sandown
BUSINESS SCHOOL
A new science of coaching



+44 (0) 7764 812503
+353 (86) 0214003



admin@sandownbusinessschool.com



www.sandownbusinessschool.com



Pheona Croom-Johnson

**Co-Managing Partner & Academic Director of SBS
MSc, MA, Master Executive Coach (AC), PCC (ICF), EIA Senior Practitioner & ESIA Coaching Supervisor (EMCC) NLP Master Trainer and Team Coach Supervisor (ACTC, ICF)**

Pheona is an experienced O.D. Leadership Consultant, Psychological Coach; Team Coach Supervisor, Systemic Coach and Executive Educator who has been working in Executive Education since the 1990s. Pheona creatively designs, develops and implements successful leadership and coaching programmes drawing on a variety of business and psychological models, tools, techniques and other resources in order to bring the desired changes in mindset, behaviours and actions.

Pheona mainly works with the C-Suite and Senior Leaders. Prior to Covid she was leading an international team delivering bespoke Leadership & Coaching programmes. She brings healthy challenge to all her clients and constantly partners with them for them to achieve their best. Pheona brings latest thinking & learning into all her work. 'Pragmatic Psychology' to bring transformation.

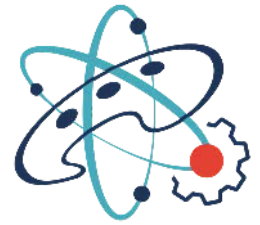


Richella Boggan

Co-Managing Partner & Global Business Development Director, BA (Hons) Economics, Clinical Nutritional Therapist, Senior Practitioner (EMCC) & Coaching Supervisor (CSA)

Richella is an Executive Neuroperformance and Neuroleadership Coach and Coaching Supervisor. For the past 30 years plus working in commercial and management environments with Senior and Emerging Leaders within a variety of organizations. Richella brings a whole-system knowledge, approach and wisdom to her work, having the additional qualifications: a Nutritional Therapist; and interpersonal Neurobiology

specialist with Polyvagal Theory understanding and application. This results in Richella's clients fulfilling potential, understanding their purpose and developing a life-long ability to self-regulate and co-regulate their internal systems which impacts professional and personal life. Richella's belief: 'live with heart, love with passion - generate authentic results'.



A new science of coaching

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 the enquiry or application forms there.

Alternatively, we'd be delighted to answer any queries directly:
You can speak to Pheona at our London Office: +44 (0)7764 812503
Or speak to Richella at our Dublin Office: + 353 (86) 021 4003



GLOBAL CODE
of **ETHICS** 



+44 (0) 7764 812503
+353 (86) 0214003



admin@sandownbusinessschool.com



www.sandownbusinessschool.com