



# ILM Level 5 Coaching and Mentoring Qualifications

The ILM Level 5 Programmes (Certificate and Diploma) in Coaching and Mentoring are highly respected qualifications that give practising and aspiring managers and consultants the opportunity to develop in their role as a coach or mentor.

Participants on the programme will gain a detailed understanding of:

- the coaching role and process
- how to design and implement a programme of coaching or mentoring for individuals, both within and outside an organisation
- and the opportunity to put this into practice whilst receiving coaching and supervision.

The programmes are delivered through a blend of learning tailored to the needs of each student. They are demanding programmes, but the rewards can be very high.

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**“The time I have spent with Judith over the past six months has been invaluable. She has really helped me to think differently and to challenge my perceptions of the world around me. It’s not always been an easy journey, but it’s one that I will never regret taking.”**

*JC, Reading*

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## The Programme

The programmes are centred on the delivery of coaching or mentoring in the workplace. Students build a business case for a coaching or mentoring programme that will have a real impact for their organisation or client. Students use reflective practice in supervision sessions to review and develop their performance. The programme of learning offers a combination of coaching and supervision sessions, set readings, individually-defined CPD, online learning and reflective reviews. Students develop their coaching or mentoring capability supported by their coach, focusing on achieving tangible impacts for their clients and their organisations, whilst applying their learning to the workplace, and then assessing the results.

## Progression Routes

ILM Level 5 qualifications are highly respected professional development awards that are recognised across Europe and in many other English-speaking countries in the world (please ask if you wish to know if it is accepted in a particular country).

Successful completion of this programme will provide progression opportunities to qualifications such as:

- ILM Level 5 Diploma in Coaching and Mentoring (if only completing this programme at Certificate level)
- ILM Level 5 Award, Certificate or Diploma in Leadership and Management
- ILM Level 7 Certificate or Diploma in Executive Coaching and Mentoring

“I suppose I embarked on the executive coaching and mentoring course with trepidation. The reality was that Judith made me so welcome and at ease that I quickly formed a good relationship with not only Judith, as the tutor, but the other students. Judith's style of lecturing and knowledge transfer is very insightful and this, supported by her wealth of experience as a coach, has made this a very positive learning experience for me.”

*MR, Sutton in Ashfield*

## Attendance Method

Blended learning including attendance at 6 days, a range of online tutorials, professional 1:1 tutorials and coaching supervision using Skype or online conference facilities.

## ILM Ethos

ILM qualifications combine innovative design with a strong focus on workplace performance, which we believe delivers well-rounded managers with a proven ability to perform to the required standards.

## Entry Requirements

Participants will normally be practising managers or consultants with a coaching or mentoring role and the opportunity to meet the assessment demands. They will normally be expected to be able to demonstrate this through holding some form of leadership and/or qualification at level 3 or above, although those without qualifications who can demonstrate relevant experience will also be considered.

## Benefits of the Programme

At the end of the programme, participants will:

- gain a critical understanding of the role and responsibilities of the workplace coach and mentor
- deepen their understanding of how coaching and mentoring can impact an organisation
- be able to assess their skills, behaviours and knowledge as a coach and mentor
- provide evidence of their development as a coach and mentor through the qualification process
- plan for further development
- plan, deliver and review coaching and mentoring in the organisation
- understand the role coaching has in the psychology of achievement and how it can expand the perception of what is possible
- be able to use a range of useful coaching tools and techniques
- will be perceived as better leaders by developing coaching as a critical part of the leadership toolkit

For employers, this programme will:

- ensure the managers you develop as coaches or mentors are properly equipped with the skills, knowledge and ethical understanding they need
- develop a coaching and mentoring culture in your organisation, so that managers are able to provide effective support for the development of others and improve their performance
- drive a stronger 'empowerment culture' through the use of coaching to engage and inspire people
- have a strong and supportive network across your business that offers high levels of ongoing support, stretching far beyond the programme

## About the Programme Aims

We have some formal objectives. We will work hard to achieve these.

Beyond these, we want the programme to be - quite literally - life changing.

## Talk to us today

For an informal chat about the programme, call us on 01785 613962 or call Judith Cashmore-James – Programme Director on **07779 718067**, or email her on [judith@touchstoneassociates.co.uk](mailto:judith@touchstoneassociates.co.uk)

## Price

**£2,250 inc VAT**

This includes all one to one supervision and tutorial sessions.

## Qualification Overview:

Qualification Title	Credit Value	Structure
Level 5 Certificate in Coaching and Mentoring	13 credits	<ul style="list-style-type: none"> <li>▪ 1 hour induction</li> <li>▪ at least 2 hours' tutorial support</li> <li>▪ 3 mandatory units*</li> </ul>
Level 5 Diploma in Coaching and Mentoring	37 credits	<ul style="list-style-type: none"> <li>▪ 1 hour induction</li> <li>▪ at least 2 hours' tutorial support</li> <li>▪ 3 mandatory units*</li> </ul>

\*Refer to table below for unit details

## Overview of units:

Unit Reference	Unit Title	Level	CV*	GLH**	Mandatory***
858-500	Understanding the Skills, Principles and Practice of Effective Management Coaching and Mentoring	5	5	18	C D
8580 – 501	Undertaking Management Coaching or Mentoring in the Workplace	5	5	12	C
8580-502	Undertaking an Extended Period of Management Coaching or Mentoring in the Workplace	5	29	20	D
8580-503	Reviewing Own Ability as a Management Coach or Mentor	5	3	7	C D

\* CV Credit Value

\*\* GLH Guided Learning Hours

\*\*\* Mandatory