## Peer Coach Training Programme - Information

## SUMMARY

This course will prepare you to become a volunteer life coach with Positive Realities. You will receive a qualification in life coaching - a useful employability skill if you want to work with people. The training will provide you with a framework that you can use when supporting other people.

By the time you have finished the course, you will have completed 50 hours coaching delivery as well as having been fully trained and supported. While training, you will also work in pairs to give and receive coaching from another course member. This way, you experience what it is like to get life coaching.

**THE LIFE COACHING COURSE**

You will receive a Certificate in Life Coaching when you have successfully completed the course. This means you will be qualified to become a life coach.

Through this course you hav*e* ***the potential to make a huge impact*** not only on the lives of others, but also on your own life, as you learn about the power of listening and much more.

**Practical information**

The course will be run atLinks House**,** Suite 4/2**,** 15 Links Place**,** Edinburgh**,** EH6 7EZ

Dates are as follows:

* Saturdays – 10am to 3.30pm (5.5 hours x 2 weeks = 11 hours in total)
  + 14 March
  + 6 June
* Wednesdays – 6pm to 9pm (3 hours x 8 weeks = 24 hours in total)
  + 25/3
  + 1/4
  + 15/4
  + 22/4
  + 29/4
  + 6/5
  + 13/5
  + 20/5

Light refreshments will be provided. You will need to bring your own lunch. There is a microwave for heating food.

Your reasonable travel expenses will be paid. Keep your bus receipts and we will give you money for them at each session.

**Your trainers**

The course will be run by Kirsty McWilliam from Coaching Direct and an experienced youth worker, Scott Christie, who works alongside Kirsty. Coaching Direct is based in Edinburgh and provide accredited courses to train people to become life coaches.

## What you can expect

* *Personal development* - in order to meet the objectives of the course, other group members will coach you as part of the course. This is a crucial part of the process so you understand fully what coaching is. The best way to learn about coaching is to experience it.
* *Social development* – the course is a learning journey for everyone. Whilst every journey will be different, we place great value in group reflection and sharing experiences together. Your course tutors will encourage interaction and a buddy system as required.
* *Confidentiality* – everything shared in the training room is confidential between you, your peer coaches and the course tutors.
* *A fun, safe environment* - we believe that we all learn best, when we are at ease, engaged and relaxed. Both your course tutors have a relaxed approach and will bring lots of energy to the training. Come ready to learn and have fun!
* *Skill enhancement* – You will leave the course as a Life Coach!

## What will you learn?

The course will give you the experience and skills required to be a successful life coach. You will find out more about coaching as a way to support people improve their lives, as well as the different types of coaching.

You will learn to use coaching tools to help your client set and achieve life goals. You will also learn how to apply boundaries in your work with people, such as being aware of how your own experiences may affect your interactions with your client. Our adult coaches will come and talk to you about their experiences of coaching - you will get a chance to work alongside these coaches once you have finished the course.

## Minimum standards expected

## From you: We expect you to make every effort to attend the set dates, to keep confidentiality and to be honest and respectful to all.

***From us:*** We will ensure our training will be at your pace, will be considerate of each person’s individual needs and meet all the required content. We will meet the professional requirements and guidelines of the Association for Coaching.

**VOLUNTEERING AS A LIFE COACH**

After the course has finished Positive Realities will support you to coach a minimum of two clients aged 16-25 years old as a volunteer with us. On your behalf we will apply for you to become a member of the Protection of Vulnerable Groups (PVG) register. All people who work with children and vulnerable adults need to have this, and it can be useful for you to have for future employment.