

# School Coaching

## Certificate in Secondary School Coaching - CSSC



### About this course

This course is run by Noble Manhattan Coaching ('NMC') in conjunction with the School Performance and Wellbeing Alliance ('SPWA').

On successful completion of this course, you will have all the appropriate skills, tools and knowledge that you need to provide **professional coaching services** to pupils in a Secondary School or Sixth Form College setting.

You will also be able to:

- Deliver a ground-breaking personal development programme, called '**The Other Subject\***'.
- Have a basic understanding of the developing brain.
- Know the difference between counselling, mentoring and coaching.
- Determine when coaching is and isn't appropriate.
- Know how to refer pupils to more appropriate support services in circumstances where coaching isn't appropriate.
- Understand the importance of child protection, safeguarding and confidentiality when coaching pupils.

### Who is this course for?

Qualified coaches, counsellors and psychotherapists who would like an additional qualification to allow them to work as a specialist School Coach in a Secondary School or Sixth Form College setting.

### Why do this training?

One of the few professional training courses of its kind.

Valuable bolt-on qualification.

Opens up an emerging market full of opportunities.

Can be used to evidence CPD.

## How can a school coach add value to a school?

- Introduces a coaching culture into a school.
- Empowers pupils and staff to solve problems, make decisions and accomplish goals.
- Offers structured sessions that are focused, time limited and cost effective.
- Provides an alternative option to counselling – this is useful for pupils and staff that don't want counselling, but still want or need support.
- Helps prevent, intercept and support performance, mental health and wellbeing issues early before they develop or become more serious.
- Complements counselling and other support services:
  - Provides an additional layer of support for basic issues – useful when counselling services are over-stretched.
  - Is an extra catch and referral point with respect to more complex issues.



## Training

This is a blended learning course made up of the following training components:

- 2 separate days of training in central London (8.45am – 5.30pm).
- Reflective notes demonstrating learning taken from the 2-day training. These notes are divided up into ten modules (each comprising questions) and will take approximately 1-2 hours to complete each one.
- 3 x 1 hour practice coaching sessions with a dedicated NMC mentor (Skype).
- 25 hours coaching pupils who attend a Secondary School or Sixth Form College.
- 30 min practical assessment (Skype).
- One reflective learning essay.
- One assignment (4000-6000 words).

## COSTS

The cost of this course is £2400. However, promotions and discounts are offered from time to time and a limited number of bursaries are also available to coaches, counsellors and psychotherapists with special circumstances. Please contact Noble Manhattan Coaching to discuss whether you would qualify for a promotion or a bursary.

## The Other Subject

**The Other Subject** comprises 100 lessons that empower school pupils (in Reception through to Year 13) to live happier, healthier and more successful lives.

50 of these lessons are dedicated to Infant and Primary Schools (referred to as **OS Junior**) and 50 of these lessons are dedicated to Secondary Schools and Sixth Form Colleges (referred to as **OS Secondary**). On this training course, you will focus solely on **OS Secondary**.

**All lessons are unisex, age appropriate and cover key areas of maturation and development** for pupils, including: Mindfulness; Relationship with yourself; Relationships with others; Communication; Resilience; Future planning and Accomplishment.

**The Other Subject is an integrative and holistic programme** and doesn't prescribe one modality or methodology. Rather, it uses tried and tested coaching techniques (traditionally used in the corporate and sporting worlds) and blends these techniques with principles from neuroscience, positive psychology, mindfulness and cognitive behavioural science.

**The Other Subject helps schools feel reassured** that that they are adopting a blend of all the most widely-accepted and evidenced-based approaches to boost performance and wellbeing in schools – in preference to one modality format that may go in and out of favour, depending on trends, Government initiatives and results from trials/research.

**The lessons have the potential to benefit a school community systemically.** In delivering these lessons, not only is there an enormous benefit to pupils – there is also a benefit to staff given the universal nature of the lessons. For the same reason, there is also a benefit to parents to the extent the lessons are shared with them in evening workshops.

### Why is this training unique?

This training is unique, because you will learn how to support pupils and staff in a way that is:

- Safe and reliable.
- Accessible and non-stigmatised.
- Solution focused.
- Time limited.
- Cost effective.
- Empowering to staff and pupils.
- Adaptable and flexible.
- Integrative and holistic.
- Complementary and helpful to other support services.
- Helpful to staff on a personal level.



## Other Courses

There are 5 other specialist training courses available from May 2018.

### Foundation in Infant and Primary School Coaching (FIPSC).

This course is for school staff who work in an Infant or Primary School setting and would like to learn tools and skills to help support pupils with basic performance, mental health and wellbeing issues.

### Foundation in Secondary School Coaching (FSSC).

This course is for school staff who work in a Secondary School or Sixth Form College setting and would like to learn tools and skills to help support pupils with basic performance, mental health and wellbeing issues.

### Certificate in Infant and Primary School Coaching (CIPSC).

This course is for qualified coaches, counsellors and psychotherapists who would like a bolt on qualification to allow them to work as a specialist School Coach in an Infant or Primary School setting. This course can also be used to evidence CPD.

### Practitioner & School Coach Diploma Infant and Primary Schools. (PSCD/IPS).

This higher-level course is for anyone who wants a double qualification, enabling them to work as a specialist School Coach in an Infant or Primary School setting (supporting pupils and staff) and a general Practitioner Coach with IAPC&M accreditation that is able to support individuals of all ages outside a school setting.



### Practitioner and School Coach Diploma – Secondary Schools (PSCD/SS).

This higher level course is for anyone who wants a double qualification, enabling them to work as a specialist School Coach in a Secondary School or Sixth Form College setting (supporting pupils and staff) and a general Practitioner Coach with IAPC&M accreditation that is able to support individuals of all ages outside of a school setting.

These courses are run by the **School Performance and Wellbeing Alliance** in conjunction with **Noble Manhattan Coaching**.



For further information please see [noble-manhattan.co.uk/school-coaching](http://noble-manhattan.co.uk/school-coaching) or use the contact information below.

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