

## COACHING & MENTORING

# ACCREDITATION WITH THE INSTITUTE OF LEADERSHIP & MANAGEMENT

*High-growth organisations maximise their investment in culture by instigating integrated programmes that develop leadership mindsets, multiply their team's potential and create a healthy culture of accountability that drives business growth.*

**Mike Crofts - Founder & CEO**

We care about our learner's experience with us: they are not just acquiring a qualification; they are on a self-development journey, gaining valuable skills to enhance both their professional and personal lives.

### WHY **AMODIGO?**

Our Mission is to deliver exceptional human performance training that creates meaningful change in people's lives.

By utilising the science of great training, we catalyse peak performance, providing bespoke programmes that create enduring, meaningful and sustainable impact for your business across three core areas: **Leadership & Management, Resilience** and **Wellbeing**.

### WHAT WE **DO?**

At Amodigo we ensure the training programmes we design and deliver are meaningful, support the ambition of both employee and employer, and answer a real workplace requirement.

### WHY **WORK WITH US?**

At Amodigo, we believe in action-based learning. Instead of theoretical problems or scenarios, we guide your teams to challenge themselves to identify solutions to real-time issues, and champion best-practice. Together we create actionable projects that enhance your company's performance.

Our programmes focus on empowering teams to share knowledge: enhancing networks and relationships within your company.

We are not just professional trainers: we are leaders ourselves with a passion for developing others and providing excellent training provision.

**All learners will gain access to our online platform, networking forum and resource library, which includes leadership and wellbeing resources. Additional in-person workshops can be built into your programme structure.**

# LEADERSHIP MATTERS

*High-growth organisations maximise their investment in culture by instigating integrated programmes that develop leadership mindsets, multiply their team's potential and create a healthy culture of accountability that drives business growth.*

Despite businesses spending billions of pounds on leadership development efforts globally, businesses overwhelmingly rate the programmes as 'not very effective'\*. The HBR puts this rating down to a specific attribute that is the foundation to how leaders think, learn, and behave: their mindsets. Mindsets drive what leaders do and why. Industrious leaders have the mindset that people, including oneself, can develop and improve, change their talents, abilities, and intelligence to meet ambitious targets; but what sets industrious leaders apart is that they seek and invest in the support they need to do just that.

## THERE ARE MORE **LEADERS** IN THE **BUSINESS** THAN THOSE THAT SIT IN THE C-SUITE.

Future and emerging junior leaders, high-impact talent, core employees and expert skill sets will all be leading teams, processes, systems and customer interactions. Their mindset should be nurtured to exceed individual aspirations and business expectations. Investing in intra-team relationships builds trust, develops understanding and respect for the behaviours and views of others, mitigates conflict and encourages honest communication. Team development doesn't have to be in a workshop format either, it can definitely be more adventurous.

***Organisations have the opportunity to enable their employees to thrive by creating healthy, supportive and inclusive cultures that enhance teamwork for all.***

***Healthy working environments are a leadership responsibility.***

*Organisations investing in wellbeing programmes that incorporate mental, physical and emotional health factors drive productivity and employee engagement by mitigating the risks and costs of stress-related and mental health issues.*

# LEVEL 3 AWARD AND CERTIFICATE IN EFFECTIVE COACHING

*These qualifications are for those at all levels who want to develop their coaching knowledge, skills and understanding in order to enhance their ability and confidence in coaching. The qualifications are ideal for both new and existing coaches.*

## **Level 3 Award in Effective Coaching**

Learners must plan and undertake 6 hours of coaching/mentoring.  
Total qualification time: 97 hours  
Guided learning: 29 hours

## **Level 3 Certificate in Effective Coaching**

Learners must plan and undertake 12 hours of coaching/mentoring.  
Total qualification time: 130 hours  
Guided learning: 31 hours

# LEVEL 3 CERTIFICATE AND DIPLOMA IN COACHING & MENTORING

*These qualifications are for managers and those with significant responsibility for effective coaching and mentoring as part of their daily role within an organisational context*

## **Level 5 Certificate in Coaching and Mentoring**

Learners must plan and undertake 18 hours of coaching/mentoring.  
Total qualification time: 160 hours  
Guided learning: 42 hours

## **Level 5 Diploma in Coaching and Mentoring**

Learners must plan and undertake 54 hours of coaching/mentoring.  
Total qualification time: 380 hours  
Guided learning: 50 hours



## QUALIFICATION STRUCTURE

*Each of the qualification levels follow the same course format of three modules of study:*

### **Understanding the Skills, Principles and Practice of Coaching and Mentoring**

The "thinking" section of the course, where the theory is covered, A written assignment answering a series of knowledge-based and reflective questions is submitted.

### **Undertaking Coaching and Mentoring in the Workplace**

The "doing" section of the course: learners are required to plan and undertake a period of coaching within an organisational context. Sessions are formally recorded in a coaching diary.

### **Reviewing Own Ability as a Management Coach and Mentor**

The "reflecting" section of the course which provides the opportunity to document skills progression in a reflective journal and create a personal action plan.

Get in touch at [info@amodigo.com](mailto:info@amodigo.com) to discuss



## CASE STUDIES



**Luke Irving**

**Project Manager - Mayday Rescue**

"I would highly recommend working with the Amodigo team. They are diligent and expert at creating solutions to complex problems in the training, leadership and development environment. In our case training a number of rescue workers in an overseas conflict zone. Their training was first class and delivered with great professionalism."

**Jacqui Grimsey-Jones**

Global Brand &  
Communications Director at  
Clearscore

"I could not recommend Mike and the team more highly. His thoughts on leadership, building resilience and personal wellbeing came at a very timely moment for the whole team and left us feeling energised and better equipped to take on challenges"



**Debbie Sims**

Senior Programme Manager -  
CDS Defence & Security

"We've worked with Mike Crofts from Amodigo to build a bespoke training package developing understanding of culture and improving organisational practice. The programme has been a huge success and continues to go from strength to strength."



Get in touch at [info@amodigo.com](mailto:info@amodigo.com) to discuss