

# Advanced Diploma in Mental Health and Wellbeing Coaching



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Kingstown College and MindWise have partnered in the production of the first ever **Mental Health and Wellbeing Coaching** qualification accredited by the European Mentoring and Coaching Council. Combining 20+ years of coaching experience at Kingstown College, and 40+ years of mental health expertise from MindWise, this course provides helpful models and tools to work in this important specialisation.



Accreditation	Schedule	Duration
EMCC	2 days per month via Zoom	up to 28 Weeks

## Who is this course for?

While this course content is relevant for any coach or leader, we see many learners coming from roles in healthcare, social care and therapies. With the added emphasis on wellbeing and mental health in organisations, we now also see leaders and executive coaches also adding to their skillset in this space.

- Individuals already working in the area of mental health and/or wellbeing
- HR professionals, L&D Specialists and Consultants
- Team Leaders and Supervisors
- Practicing Coaches
- Psychology based therapists and counsellors

## Course Outline

This course is designed to give learners a solid foundation in the models, competencies and ethics of coaching, together with the specific tools which are effective in coaching themes related to mental health and wellbeing.

- Competencies and Ethics
- Psychology and Coaching
- Positive Psychology
- Coaching Personal Change
- Beliefs and Values
- Cognitive Behaviour Coaching
- Appreciative Inquiry
- Strengths Based Coaching
- Recovery to Discovery Model
- Resilience
- Models for Conflict Coaching
- Habits and Patterns
- Proven Coaching Models including GROW



## Teaching Methodology

The content of this course requires the learner to participate and put the theory into practice. The live virtual class is an interactive experience which includes lecture style delivery of content, group discussion, coaching session breakouts with other learners, and feedback on performance. Your tutor is experienced in delivering this content and will regularly monitor your performance in coaching breakout rooms.

## Entry Requirements

There are no academic entry requirements for this course, but previous experience in coaching, mental health or wellbeing interventions will be helpful. Learners are expected to have a positive attitude for learning, collaborating with others and self development. A competent level of English will also be required to engage with the live classes, coaching sessions and written assessments.

## Assessment

This course is assessed in line with the competencies of the accrediting organisations (ICF and EMCC). Therefore, traditional percentage grading is replaced by an Achieved/Not Achieved assessment on the competencies. Your assessments include

- Reading - One prescribed coaching book and one journal article
- Coaching - 13 coaching sessions, including a recorded skills demonstration
- Writing - Reflective Essay (5000 words)

## Certification

Upon successful completion of this course, you will be awarded the Advanced Diploma in Mental Health and Wellbeing Coaching from Kingstown College. This award can be used to satisfy the education requirement for a coaching credential/accreditation with EMCC (Practitioner Level) at 160 training hours.

## Course Fees

Professional Diploma - £2,200

Full payment to be made prior to commencement of course