

## GO1BETTER

Go1Better is an internationally accredited provider of Coaching Skills education.

Go1Better provides a 'one stop shop' that supports and guides participants through the accreditation process. This includes **Coach Education, Mentoring, Assessment, and Accountability.**

## ACCREDITED COACHING

The International Coaching Federation (ICF) is the **Gold Standard** in coach education. The 8 Core Competencies of coaching have been refined, and the pathways to accreditation updated in line with the current needs of professionals and organisations worldwide.

## BLENDED DELIVERY

This **6 month** coaching programme uses a blended learning approach to equip managers and leaders with the necessary coaching skills for co-located, virtual, and hybrid working environments.

Delivery can be adapted to meet your business needs. Virtual delivery via zoom runs for 3 hours. In person sessions include half and full day options.



## BECOME AN ACCREDITED COACH

Becoming an Internationally accredited coach adds an essential skillset that complements any Management or Leadership position.

Navigating the coaching accreditation process can be challenging. This 6 month programme is specifically designed to support and guide experienced and aspiring coaches through the pathway to accreditation with the International Coaching Federation (ICF).

### PATHWAY TO ACCREDITATION



60+ hours Coach Training



10 hours of Mentoring



Coaching Skills Assessment



Become an Internationally Accredited Coach

## ANNUAL INTAKE: SPRING & AUTUMN

## CONTACT

For further information, please contact us:

Email: [info@go1better.com](mailto:info@go1better.com)

Website: [www.go1better.com](http://www.go1better.com)

## PARTICIPANTS

This coaching programme is suitable for experienced and aspiring coaches in the following professional roles:

- Managers
- Leaders
- Entrepreneurs
- Business owners
- Coaches, Consultants, and Trainers

## BENEFITS OF COACHING

Develop your coaching approach with like minded people who are seeking a cutting edge skillset for today's working world.

Some benefits of coaching skills:

- Manage and Lead in co-located, virtual, and hybrid environments
- Develop individual and team potential
- Retain and develop talent pipelines
- Future proof your organisation with best practice coaching

## COACHING SKILLS

This coaching programme will help you develop a wide range of coaching skills.

Coaching skills will enable you:

- Communicate effectively
- Ask better questions
- Actively listen
- Establish clear goals and expectations
- Understand individual's motivators
- Develop high performing teams

