

Course Description and Outline

Course Title	Life Coaching Taster		
Level of Course	Beginners	Course Code	B2543
Duration in Weeks	3 hours		
Brief Description of Course What will the course cover?	This 3 hour session will give you access to develop key skills and talents to boost your chances of success. The course will give you the opportunity to try out coaching tools to help you confidently set goals and actions to achieve outside the session		
Entry Requirements	You will be able to speak English fluently and follow verbal and written instructions You will need understanding that the course works on potentially emotional issues. Please inform your tutor if you do not wish to participate in any activity		
Main Learning Outcomes for all Learners (Maximum of 5) By the end of the course you will be able to:			
1	Use a reliable method to set and plan clear goals		
2	Identify a set of coaching tools to support you to achieve your goals		
3	Employ a range of coaching-based communication tools such as feedback and reflective listening to help you understand and respond to any areas of need		
4	Use suitable open and clarifying questions to support successful questioning in real life situations such as job or college interviews		
5	Collaborate to develop and visualise a step-by-step route to achieving a goal		
Equipment Required What will I need to bring to class?	<ul style="list-style-type: none"> • Pen • Notepad • Some pre-thought about the things you want to achieve 		
What courses can I go on to?	Introduction to Life Coaching or other Idea Store health and wellbeing courses		

What examination or assessment will there be and what will it involve?

There is not examination or formal assessment, but you will be asked to monitor your own progress using an Individual Learning Plan

How will I know I am making progress?

Your tutor will provide support and feedback throughout the course. You will be asked to complete a Health Screening Questionnaire and an Individual Learning Plan to help monitor your progress.

Is there anything else I need to know?

In general, we will not allow late enrolment to any course after the first two weeks. Learners are expected to arrive on time and attend every class.

Children are not allowed in our health & fitness courses unless they are specifically family learning classes. Please do not ask your tutor to give your child access as they do not have the authority to do this.

Health and Safety requirements demand that all learners participating in health classes must be present for instructions on safe working practices. Therefore, latecomers who miss the first part of the session will be refused entry.

Students are encouraged to comment on the course. The tutor will distribute at least one student satisfaction survey where your views will feed back into the planning, teaching and learning of future courses.

What if I want extra support? Contact the Learner Support & Advice Team

The Learner Support & Advice Team can support learners to help them achieve their education and employment goals. Information, advice & guidance are given on a range of issues, including financial support, and support available for learners who are disabled and learners with learning difficulties. Come and see one of our experienced and friendly advisors who can help you make the next step.

For further information, text **IDEA** and your name to **07950 080 341** or email **ideastorelearning@towerhamlets.gov.uk** and a member of the team will get back to you.

This is a brief description of the course content and is not definitive or exhaustive. The course content may be subject to change without notice however the details above are intended to give a picture of the types of activities which may be included on the course.

Course outlines provide a general summary of the contents and material to be covered during lessons. They are subject to change at the discretion of teachers to meet the needs of learners and should not be regarded as prescriptive lists of activities to be covered.

Course Outline V.3