ILM Level 5 Certificate in Coaching and Mentoring Training

Duration: **8 Day**

BILGINC IT Academy
info@bilginc.com
bilginc.com

The training is a globally respected leadership qualification,
designed for managers and professionals who want to enhance their ability to coach and mentor others effectively.

This course builds a foundation for developing a**coaching culture** within organizations,
helping leaders improve communication, empower teams, and drive performance through structured development conversations.

Throughout the program, participants engage in:

- **18 hours of practical coaching** with 2–3 coachees,
- A **5,500-word written assignment**,
- A **coaching portfolio**, and
- A **reflective journal** documenting their growth as a coach.

All written submissions are formally assessed by**ILM (Institute of Leadership & Management)**.

This ILM-accredited qualification empowers professionals to become effective, ethical, and reflective coaches.
Upon successful completion, delegates earn the **ILM Level 5 Certificate in Coaching and Mentoring**, recognized internationally as a mark of professional excellence in leadership and people development.

Who Should Attend

- Managers with responsibility for developing others
- HR and L&D professionals
- Experienced coaches or mentors
- Professionals aspiring to build a career in coaching
- Leaders aiming to embed a coaching culture within their teams

ILM Level 5 Certificate in Coaching and Mentoring Training

Duration: **8 Day**

BILGINC IT Academy
info@bilginc.com
bilginc.com

What You Will Learn

By the end of this training, you will have gained knowledge and skills in the following areas:

- Apply coaching and mentoring best practices in an organizational context.
- Understand and implement EMCC (European Mentoring and Coaching Council) ethical principles.
- Create effective coaching contracts and frameworks.
- Use diagnostic and assessment tools to enhance performance.
- Build trust, credibility, and overcome barriers in coaching relationships.
- Apply established coaching models (GROW, OSKAR, CLEAR, etc.).
- Maintain accurate coaching records and reflective journals.
- Embrace feedback for continuous improvement and professional development.

Training Outline

Understanding Coaching and Mentoring

- Theories, principles, and benefits of workplace coaching

Applying Coaching and Mentoring in Practice

- Conducting sessions, goal setting, and managing progress

Reviewing and Reflecting on Coaching Skills

- Evaluating personal effectiveness and creating a development plan