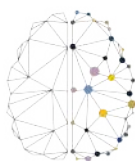




NEUROSCIENCE IN COACHING AND MENTORING

A LIVE VIRTUAL & SELF-PACED CERTIFICATE PROGRAMME



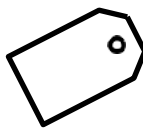
NIB | NEUROSCIENCE
INSTITUTE FOR BUSINESS

ABOUT THIS COURSE:

This certificate program aims to teach you foundational skills in neuroscience in coaching and mentoring practice. You'll gain an understanding for how the brain works that underpins the foundation of becoming an effective coach and mentor that will result in enhancing your managerial/leadership skills or building on your own coaching practice. In this course you will learn how to develop your own coaching brand, build confidence as a coach and mentor, and demonstrate competence either as an internal leader who coaches within the business or a coach practitioner. You will also conduct your own coaching and mentoring sessions, that will count as hours towards your credentials as a coach and mentor.



10 weeks virtual classroom
12-20 months to complete



R 42 000 (excl. 15% VAT).
Early bird discounts apply



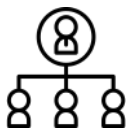
3 hours weekly virtual classroom
Plus research and assignments

YOU'LL WALK AWAY FROM THIS COURSE CONFIDENT IN YOUR ABILITY TO:

- 🌐 Conduct a well-managed and effective coaching intervention using neuroscientific principles
- 🌐 Conduct an effective mentoring session understanding how neuroplasticity works through mentoring models
- 🌐 Be able to evaluate how you show up as a neuroscientific coach and mentor
- 🌐 Understand how to apply your knowledge of neuroscience to support your client to reach their coaching and mentoring goals
- 🌐 Evaluate and assess the development of your coaching and mentoring competencies and skills
- 🌐 Compile your one-page bio
- 🌐 Build and evaluate your confidence and self-awareness as a neuroscientific coach and mentor
- 🌐 Evaluate the development of your core neuroscientific coaching and mentoring competencies and skills
- 🌐 Evaluate client progress and prepare for closure

***In 2016 the International Coach Federation (ICF) conducted a Global Coaching Study in partnership with PWC and estimated the global coaching industry to be worth more than US\$2.3 billion.

THIS COURSE IS FOR YOU IF YOU:



Are a manager who's looking to develop yourself and others in the workplace through coaching and mentoring



Want to start your own practice



Want your expertise in coaching and mentoring validated with a certificate from NIB

**Certificates of completion are issued in your legal name upon successfully completing a course according to the course completion criteria outlined during the course.

WHO SHOULD TAKE THIS COURSE:

This course is designed for anyone with an interest in coaching and mentoring as a profession. It is most suited to managers/ leaders seeking to adopt a neuroscientific approach to coaching and mentoring, looking to gain the skills and confidence to coach and mentor others as part of their normal role at the workplace. It's also the ideal starting point for a career in coaching and mentoring or starting your own practice. Amongst the previous participants were existing coaches, industrial psychologists, entrepreneurs, retirees and human resource managers looking to consolidate, update and validate their skillset with a certificate from NIB.

WHAT YOU WILL LEARN:

This online course integrates media such as videos, infographics, and e-learning activities as well as traditional didactic components such as written study guides (course notes).

- 🧠 Introduction to basic neuroscience
- 🧠 Learn how to develop people with powerful brain based coaching and mentoring tools
- 🧠 Understand neuroscience and approach and avoid states
- 🧠 Learn about component bands, neurotransmitters and neurorhythms
- 🧠 Confidence to coach and mentor effectively based on neuroscientific principles
- 🧠 Learn about neuroplasticity, apoptosis and synaptic pruning and its relevance and application to coaching and mentoring
- 🧠 Explore coaching and mentoring models such as A.R.R.O.W and the mentoring relationship model
- 🧠 Analyse, assess and plan to improve your own coaching and mentoring ability
- 🧠 The ability to grow self, individuals and teams more effectively through neuroscientific principles
- 🧠 Tools for succession planning

WHAT CAN YOU DO WITH THIS CERTIFICATE:

- 🧠 Workplace coaching
- 🧠 Life coaching
- 🧠 Start your own practice

The following modules contribute to the holistic approach that your learning path takes:

MODULE 1

Neuroscience

Learn about:

- 🧠 Different parts of the brain related to coaching and mentoring
- 🧠 What G.R.I.T is neuroscientifically

- 🧠 Nested systems and causal chains
- 🧠 Neurotransmitters
- 🧠 Hormones
- 🧠 Thoughts and emotions
- 🧠 Neuroplasticity, apoptosis, synaptic pruning

MODULE 2

Understand Good Practice in Workplace Coaching

Learn about the:

- 🧠 Role of coaching in the workplace
- 🧠 Behaviours required by a workplace coach
- 🧠 Skills, abilities and characteristics of an effective workplace coach
- 🧠 Importance of confidentiality
- 🧠 Developmental goals that can be met through coaching
- 🧠 Purpose and content of contracting
- 🧠 Nature, purpose and importance of coaching records
- 🧠 Progress monitoring methodologies and records
- 🧠 Barriers to coaching in the workplace

MODULE 3

Undertaking an Extended Period of Coaching in the Workplace

Learn how to:

- 🧠 Plan and organise your own workplace coaching sessions
- 🧠 Start your journey of completing at least twelve hours effective workplace coaching activity
- 🧠 Collect feedback from coaching clients on own performance as a workplace coach
- 🧠 Use tutorial supervision (4 individual sessions from a supervisor) to develop and improve your own coaching practice and to plan your own continuing development as a workplace coach

MODULE 4

Reflecting on Workplace Coaching Skills

Be able to:

- 🌐 Assess your own abilities and characteristics as a workplace coach
- 🌐 Reflect on your own communication and interpersonal skills when coaching
- 🌐 Summarise coaching reflections and plan for future development needs

MODULE 5

Understanding good practice in workplace mentoring

Understand:

- 🌐 The context for effective workplace mentoring
- 🌐 The nature and purpose of workplace mentoring
- 🌐 Formal and informal workplace mentoring
- 🌐 The role and responsibilities of an effective workplace mentor and mentee
- 🌐 Environmental considerations to ensure quality workplace mentoring
- 🌐 The range of barriers that may exist

MODULE 6

Undertaking an extended period of mentoring in the workplace

Be able to:

- 🌐 Plan and organise formal workplace mentoring sessions
- 🌐 Summarise and analyse a period of formal mentoring within the workplace using stakeholder feedback
- 🌐 Start your journey of completing at least twelve hours effective workplace mentoring activity
- 🌐 Know how to use supervision to enhance workplace mentoring

MODULE 7

Reflecting on workplace mentoring skills

Be able to:

- 🧠 Assess your own abilities and characteristics as a workplace mentor
- 🧠 Reflect on own communication and interpersonal skills when mentoring
- 🧠 Demonstrate own understanding of your effectiveness as a workplace mentor

MEET DR. CHARLÉNE



Charlene is a brain researcher, executive coach and strategist with working experience both in the private and government sectors. She has over 20 years of relevant work experience which ranges across the fields of business and people development. She uses coaching and neuroscience methodologies in her executive coaching and leadership development programmes.

She has helped teams within companies to coach for better team cohesion and less conflict, strategise for extraordinary profits, and lead effectively in change. She has developed internationally accredited Coaching and Mentoring programmes for workplace

coaches and mentors, and Leadership and Management programmes for first-time, middle and senior managers. These programmes are offered to corporate clients. She has also taught Organisational Behavior (honors level) at the University of Western Cape.

She holds a MBA degree (University of Wales) and Ph.D (University of Cape Town), Certificate in EEG Bio/Neurofeedback, and is an Associate Certified Coach (International Coach Federation).

EARN A CERTIFICATE FROM NIB:



Students who successfully complete the course will receive a Certificate of Completion from NIB. You will also earn a digital badge: Certificate in Neuroscience for Coaching and Mentoring.

HOW DO ASSESSMENTS WORK:



Your knowledge of Neuroscience in coaching and mentoring is assessed through quizzes and assignments. There are seven assignments in total with specific due dates. Learners will have ample time to complete assignments. All assignments pertain to your work environment or a selected work environment.

Learners are required to start with their coaching and mentoring hours as soon as they have completed the online videos. There is no final exam, and there are no joint or group assignments on this course.

CERTIFICATE CRITERIA



In order to be issued with a certificate, you will need to meet the requirements outlined. Your Certificate of Completion will be issued in your legal name and e-mailed to you. All certificate images are for illustrative purposes only and may be subject to change at the discretion of NIB.

TECHNICAL REQUIREMENTS



In order to complete this course, you'll need the following:

- 🌐 Access to a computer, internet and current email account
- 🌐 Be familiar with using a computer and accessing the internet
- 🌐 Be able to view Microsoft PowerPoint presentations, and read and create documents in Microsoft Word.
- 🌐 Be able to read documents in Adobe PDF Reader. Installing Adobe Flash Player will give you full access to certain course content, such as interactive infographics. However, you'll still have access to this content in the form of a downloadable PDF transcript if you'd prefer not to use Flash.

BROWSER REQUIREMENTS



We recommend that you use Google Chrome as your internet browser when accessing our Online Campus. Although this is not a requirement, we have found that this browser performs best for ease of access to course material.

ADDITIONAL REQUIREMENTS



Certain courses may require additional software and resources. These additional software and resource requirements will be communicated to you upon registration and/or at the beginning of the course. Please note that Google, Vimeo, and YouTube may be used in our course delivery, and if these services are blocked in your jurisdiction, you may have difficulty in accessing course content. Please check with a course consultant before registering for this course if you have any concerns about this affecting your experience with the online campus.

WHO IS NIB?



NIB is an established brain-research and training organisation operating from Cape Town, South Africa and is in the process of being registered with the Counsel on Higher Education as a Private Institute.

NIB's objective is to further develop organisations by offering a holistic approach that includes individuals, teams and the organisation through powerful brain-based programs, workshops and accredited programmes.

NIB offers a range of internationally accredited neuroscience-based coaching, leadership and management programmes to individuals seeking to gain the skills and confidence to coach, mentor or lead and manage more effectively.

**Start your neuroscience coaching
and mentoring journey TODAY!**

REGISTER NOW

e-mail: info@niblearn.com

or

CLICK HERE TO ENROL