



• COACHING • MENTORING • SUPERVISION

# Diploma in Business Coaching

## Online Delivery

### Programme Introduction



## 1. Purpose

We are committed to high quality training and competence development. We work with our students to help them succeed and gain the professional qualification they are seeking. We will take you on a journey of self-discovery; we awaken the mind and the spirit. We help you to see what is possible through the power of coaching. We believe that no two coaches are the same and on our programme we work with our students to enable them to develop their own unique coaching framework which defines their work.

## 2. Target Group

The programme is designed for experienced professionals regardless their experience with coaching. Our students comes from various backgrounds, like HR and L&D professionals, consultants, medical professionals, managers, internal coaches, agile coaches and SCRUM Masters, psychologists and psychotherapists, entrepreneurs.

## 3. Ultimate Result

The overall aim of the programme is for students to develop the core competences required to be an effective coach within an organisational setting.

The overall outcome is for students to design and articulate their individual coaching framework and model by developing their understanding of the various theories which inform coaching practice and working with system dynamics. It is also expected that their personal and professional self will evolve and integrate to a point where the student indicates behaviours congruent with this stance. Their repertoire, flexibility and adaptability will be evidenced as well as clarity on what their professional coaching practice can offer and what it cannot.



## 4. The Programme

The programme has been designed to support the creation of a community of business coaching practitioners. Learning and experiencing psychological safety will come from active involvement in the learning community. The programme consists of 9 modules with a 2 x half-day session on coaching supervision.

Module	Content
1	The Coach's Professional Framework <ul style="list-style-type: none"><li>• A process model of coaching</li><li>• Building your own framework</li></ul>
2	Coaching from a Psychodynamic Perspective <ul style="list-style-type: none"><li>• Understanding and Working with the client's agenda</li></ul>
3	Creating Awareness <ul style="list-style-type: none"><li>• Unconscious Patterns</li><li>• Limiting and Empowering Beliefs</li></ul>
4	Autonomy & the Growing Edge <ul style="list-style-type: none"><li>• Supporting Client Growth</li></ul>
5	Creativity in Coaching <ul style="list-style-type: none"><li>• Symbolic Representation and the use of Metaphor</li></ul>
6	Alternative Approaches to Coaching <ul style="list-style-type: none"><li>• Brief Solutions Coaching</li><li>• Existential Coaching</li></ul>
7	The Unconscious at Work <ul style="list-style-type: none"><li>• Systems Perspective</li><li>• The Organisation-in-the-mind</li></ul>
8	In service of the client <ul style="list-style-type: none"><li>• Staying present (in the here and now)</li><li>• Surfacing &amp; dealing with the gremlin</li></ul>
9	Developing an Enabling Ethical Code & Framework Presentation <ul style="list-style-type: none"><li>• Ethical Practice</li><li>• Constraining and Enabling Ethics</li></ul>
Supervision	Introduction to Supervision <ul style="list-style-type: none"><li>• Supervision and How to Use the Reflective Space</li></ul>



#### **4.1. Logistics**

##### **Diploma in Business Coaching - online programme**

For the online delivery of the programme, the modules are organized as follows:

- 8x 2.5 days (Modules 1-8)
- 1x 2 days (Module 9)
- 2x 0.5 days (Supervision)

The schedule will be 09.00 to 12.00 and 13.00 to 16.00 on days one and two of each module.

The schedule on the 3rd day of each module will be 09.00 – 12.00.

Please note that these times refer to the UK time zone.

All of the sessions will be conducted using Zoom.

The Zoom link will be sent to you in advance of the first module and will be the same throughout the programme.

Students will receive calendar invitation for all teaching days.

*Online programme is delivered internationally in English language.*

#### **4.2. Mentoring sessions**

During the programme, students will receive 10 mentoring hours. Six mentoring hours are delivered as a group mentoring sessions and four are in the form of individual mentoring sessions. The dates for group mentoring sessions will be agreed with participants on the Module 1.



## 5. Time Schedule for 2023

The programme starts in September 2023.

Module 1	Module 2	Module 3	Module 4	Module 5	Module 6	Module 7	Module 8	Module 9	Supervision 1*
Sept 12 <sup>th</sup>	Oct 10 <sup>th</sup>	Nov 14 <sup>th</sup>	Dec 12 <sup>th</sup>	Jan 16 <sup>th</sup>	Feb 13 <sup>th</sup>	March 12 <sup>th</sup>	April 16 <sup>th</sup>	May 14 <sup>th</sup>	June 26 <sup>th</sup>
Sept 13 <sup>th</sup>	Oct 11 <sup>th</sup>	Nov 15 <sup>th</sup>	Dec 13 <sup>th</sup>	Jan 17 <sup>th</sup>	Feb 14 <sup>th</sup>	March 13 <sup>th</sup>	April 17 <sup>th</sup>	May 15 <sup>th</sup>	
Sept 26 <sup>th</sup>	Oct 24 <sup>th</sup>	Nov 28 <sup>th</sup>	Dec 19 <sup>th</sup>	Jan 30 <sup>th</sup>	Feb 27 <sup>th</sup>	March 26 <sup>th</sup>	April 30 <sup>th</sup>		

\*2<sup>nd</sup> day of Supervision will be agreed with the group on 1<sup>st</sup> day of Supervision



## 6. Programme Costs

*Early Bird price – registration & payment by May 31<sup>st</sup>* 4 150,- EUR

*Regular price* 4 500,- EUR

It is possible to pay the programme in monthly instalments, based on individual agreement with the student.

## 7. Registration

Register through email: [info@silviagalova.com](mailto:info@silviagalova.com)

When registering for Via Institute programs you also commit to adhering to the ICF Code of Ethics.

## 8. Programme Director



### **Silvia Gallova, MCC**

Coach certified at the level of Master Certified Coach (MCC), coach mentor, coach, supervisor of coaches and educational and managerial professions.

After studying journalism, she completed post-graduate studies of international relations and diplomacy, training in coaching, mediation, adult education, agile leadership, management and coaching supervision. Since 2016 she is studying the field of Organizational Transactional Analysis, being continuously trained, and supervised by senior TA trainers and supervisors.

She holds Diploma in Business Coaching, Diploma in Coaching Supervision and Diploma in Team Coaching. She has seven years of experience in management, since 2014 he has been mainly active in the corporate environment.

She specializes in developing coaching, communication, and leadership skills, creating coaching and L&D strategies and implementing coaching programs in organizations.

You can learn more about Silvia on her professional website: [www.silviagalova.com](http://www.silviagalova.com)



## 9. About Via Institute

Via Institute exist to support you on the journey towards wholeness & autonomy. We do it by coaching individuals and organizations and by supervising and mentoring fellow professional coaches. We also educate professionals in coaching, mentoring and supervision so that they can support their clients on their journey towards autonomy. We specialize in surfacing unconscious patterns and bias both on individual and system level.

Via Institute is a boutique coaching, training, and consulting company founded in 2017 by Silvia Gallova.

You can learn more about the institute on the website [www.viainstitute.eu](http://www.viainstitute.eu) (currently under construction).