



The power of creativity,  
the strength of  
experience.



# Introduction

## to Coaching and Mentoring

**Agile Group is delighted to present an Introduction to Coaching and Mentoring, a programme that, upon successful completion, awards a digital badge and an ILM-recognised credential.**

Are you a new or aspiring professional coach or mentor?

Do you coach or mentor on a programme that requires professional knowledge, skills and behaviours? Or are you a coach or mentor looking to take your first step to professionalise your practice through a recognised qualification?

With a dedicated team of experts, with more than 25+ years experience in business, we offer a comprehensive suite of services designed to propel you or your organisation toward success.

***The workshop is recognised by the ILM.***

### Who is this programme for?

This program is designed to support coaches and mentors at the start of their professional business mentoring journey, the Agile Group have developed a unique interactive workshop that will help you gain the knowledge, skills and confidence you need to effectively mentor or coach people within a business environment and context.

### Who is Agile Group?

**Agile Group is a multi award-winning training provider and a ILM centre of Excellence.**

**Our expert tutors and strategic partnerships ensure personalised, impactful learning experiences for individuals and organisations alike.**



**Expert Tutors:** Team of tutors with 25+ years of experience across diverse sectors, offering personalised support.



**Flexible Approach:** Tailored learning experiences to fit clients' values, goals, and growth stages.



**Real-World Expertise:** Pracademic trainers blend academic qualifications with practical coaching and mentoring experience in global business.



**Unmatched Range:** Our programmes cover qualifications from level 2 to 7, as well as bespoke courses for learners at all stages.



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## What does the programme consist of?

All assessment methodologies are work-related and designed to provide individual development and/or direct organisational benefits.

A 2 hour zoom **workshop**.  
Recommended: Pre-workshop coursework to maximise learning.



Complete a reflective, individual session sheet to **review your mentoring sessions** to enable continued professional development.



Delegates will be offered **1-2-1 support** throughout this programme



We recommend delegates carry out the provided pre-reading and map out their personal objectives for the program.

## What will I learn on this programme?

- Explore the origins of Coaching & Mentoring including the differences
- Know what it takes to be an effective Coach or Mentor.
- Understand the roles and responsibilities of an effective Coach or Mentor
- Understand the Ethics and boundaries of professional Coaches and Mentors
- Analyse your mentoring and coaching performance in order to improve own ability.

"Just finished the Mentoring and Coaching programme with Naomi as my guide. Couldn't ask for more! Naomi is a fantastic teacher (10/10!) – a great listener who delivers insightful information and asks thought-provoking questions. **Highly recommend this course!**"

## What happens upon completion?

The program provides you with a **nationally recognised accreditation for professional coaching and mentoring.**



**Agile ILM Credential**  
You will receive a digital badge to use in your marketing activities.

### Elevate your Coaching and Mentoring Skills

To continue to develop your coaching and mentoring skills, whatever your professional coaching and mentoring goals are, Agile Group is here to support your journey to achieve your full potential. Agile offers a full suite of learning packages from Introduction to Level 7.