

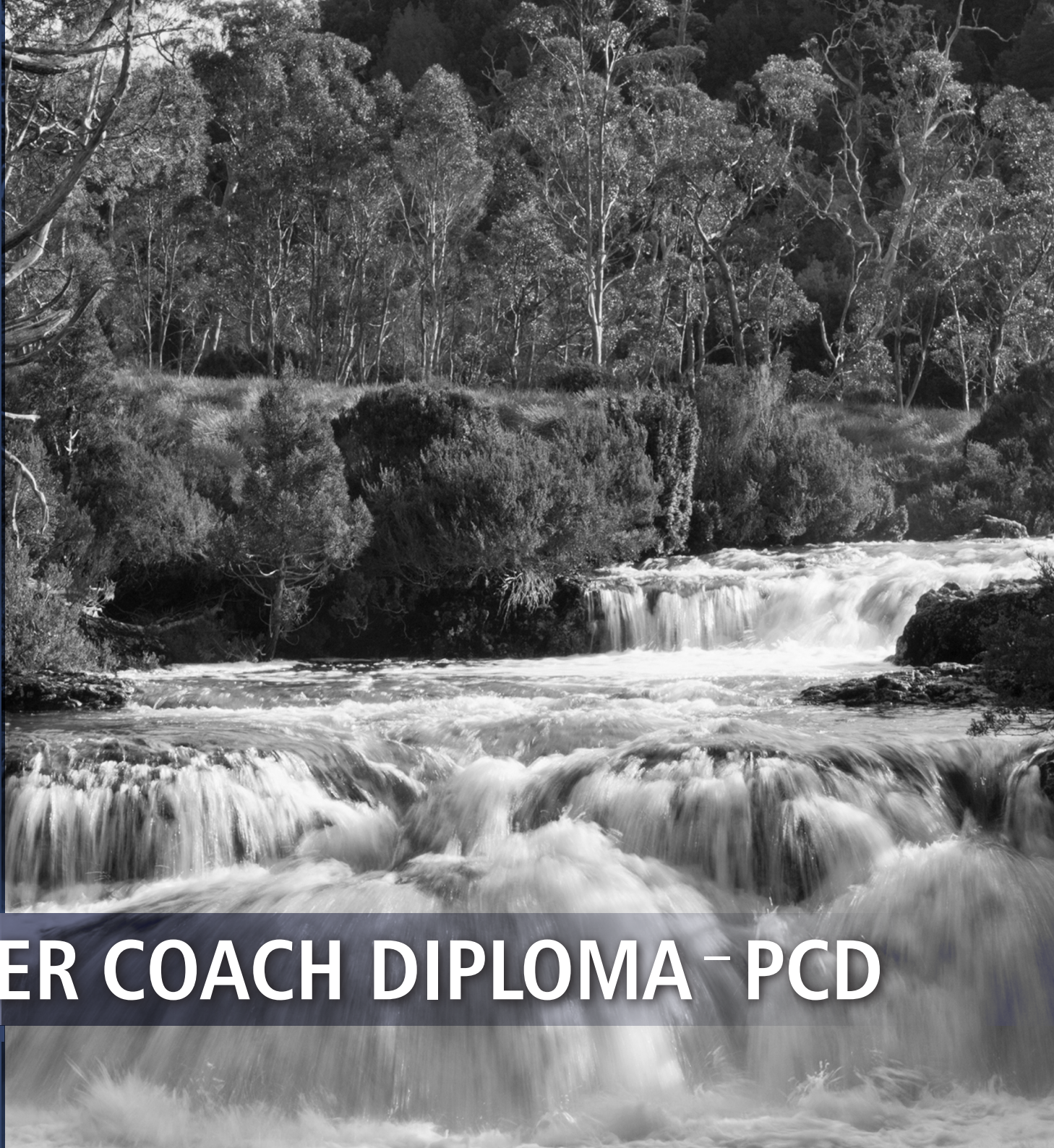


**Noble Manhattan**  
*"fortune favours the prepared mind"*

Founded in 1993, NMC Ltd is the longest established coach training company in Europe. It's reputation for creating superb coaches is second to none.

An international company with a heart, students are truly welcomed into the Noble Manhattan family.

# PRACTITIONER COACH DIPLOMA – PCD





## WHO IS IT FOR?

**This course is the ideal vehicle to achieve your coaching aspirations. You will engage in the development of theoretical knowledge together with the practical application and demonstration of essential coaching skills. Whatever your ultimate goal, the solid knowledge and skills base acquired through the Practitioner course is vital to any form or arena of coaching.**

**If you want to commence a career in coaching individuals in life dynamics, or plan to integrate core coaching skills into your present working role, this programme provides you with the relevant knowledge base and core skills to achieve your aim.**

**Excellent if you:-**

**would like to bring coaching into your workplace to improve your performance and career potential, or**

**intend to start your own coaching practice, or**

**want to work in the Executive and Corporate Coaching field and need an excellent course from which you can progress your studies**

## COURSE STRUCTURE

- **3-day intensive training workshop** conducted by accredited international coaches and trainers who are highly qualified and experienced. Escape the challenges of everyday life and engross yourself in the peace and harmony of our beautiful training venue. In this interactive environment you will witness, experience and learn sensitive, powerful and insightful coaching skills and models. You can learn, mix with like-minded people, develop life long friendships, link up with study buddies and generally enjoy yourself.
- Our course book provides a great insight into the world of coaching and provides a good base upon which to build your understanding
- One-to-one mentoring sessions with a dedicated Mentor Coach help you hone your coaching skills whilst addressing many of the most common issues
- 12 home-study modules and essential reading, complimented by 14 teleclasses by various lecturers each experts in their field.
- A coaching development plan and reflective journaling provide vital self-management and identification of your learning needs and successes.
- 50 hours of coaching - for that all important practice
- Study Buddy - for mutual learning and support
- Comprehensive online resource centre
- Regular email support and a head office team always at hand.
- Monthly training webinars
- Full Course Handbook which tells you everything you need to know from how to plan your study to submission of your final portfolio.

Full course details are available at [www.noble-manhattan.com](http://www.noble-manhattan.com)



## CERTIFICATION AND ACCREDITATION

Candidates complete a Coaching Skills Assessment and submit a portfolio of evidence containing a Coaching Development Plan, record of teleclasses and mentoring sessions, a Coaching Log, a book critique, some written work and reflective learning notes.

Upon completion you will be a qualified Noble Manhattan Practitioner Coach

The NMC Practitioner Coach Diploma® enables participants to gain international certification, awarded by the following organizations:

- Noble Manhattan Coaching – Practitioner Coach (NMC Dip)
- Institute of Leadership & Management (ILM) – ILM Endorsed (no further submission or evidence required but is optional certification for which an ILM fee applies)
- International Institute of Coaching (IIC) – Accredited Coach Membership (IIC application process and fee applies)



ACCREDITED BY IIC  
(International Institute of Coaching)

The IIC is the leading independent accreditation body for the coaching industry which as a non-profit, internationally focused organisation works to promote best practice. Accreditation is only awarded to courses and individuals that meet or exceed their standards.

ENDORSED BY ILM  
(Institute of Leadership and Management)

The Institute of Leadership & Management (ILM) was formed in 2001 by the merger of NEBS Management and the Institute of Supervision and Management, and is part of the City & Guilds Group, the UK's largest vocational awarding body.



## PAYMENT OPTIONS

- **FULL PAYMENT**  
Receive a discount for immediate payment.
- **NMC EASY PAYMENT PLANS**  
Allows you to spread the payment.
- **PROFESSIONAL AND CAREER DEVELOPMENT LOAN**  
This course is eligible for government backed funding. (UK residents only)
- **APL AND BURSARIES**  
Recognised previous relevant learning, and particular hardship.

## PROGRESSION

Entry from:-

- **Practitioner Coach Certificate or direct entry**

Progression options include:-

- Running your own coaching business or implementation of coaching in a work role
- Our ILM Level 7 Executive and Corporate Coaching Certificate or Diploma course
- Our Elegant NLP Coaching course





## STUDENT MEMBERS AREA

**You will have immediate password access to the student member's area which is a 24hr a day online community where you can access an ever expanding range of training materials and working documents.**

**It also allows you to be in contact with hundreds of other coaches worldwide and has a special Study Buddy facility.**

## STUDENT SUPPORT EMAILS

**Although some of this course is designed as home study, you are by no means left on your own. You will receive regular emails from us, reminding you where you should be with your studies, and offering tips, advice and help.**

## LEARNING THROUGH MULTI MEDIA

The learning is delivered in a truly multi-media format. This variation maintains motivation as well as making it easy for you to fit around your work and social life. Reading can be done at home, in the garden, on the train or at the office.

It includes:

Study modules, with consolidation exercises

Written work: a book critique, three essays and a final written assignment

Teleclasses/Webinars

One to one mentoring and a final coaching assessment

3 day intensive all-inclusive workshop

Practical Coaching

Additional learning support and development opportunities:

Study buddy groups,  
members area,  
coaching development webinars,  
coaching support groups.

If you are able to evidence previous study and/ or experience equivalent to parts of the course content APL can be applicable.



## ATTENDING THE RESIDENTIAL EXPERIENCE

### DAY 1



- TGROW coaching model
- Listening Skills
- Feedback
- Understanding the role of a life coach-client relationship
- Develop practical skills for effective coaching
- To transfer best practice from the classroom and apply it to the coach/client relationship
- Learn how to achieve goals and solve problems pro-actively
- Learn how to establish issues on which to be coached
- Understand the importance of helping clients to consider and choose options
- The Coaching Partnership Model
- Balance between pulling and pushing
- Quality of an Ideal coach
- Real-life case studies
- Understand barriers to coaching
- Construct a personal development coaching plan
- Learn what “best practice” means in today’s coaching environment
- Gaining the successful qualities of coaches



Eynsham Hall - UK training venue

### DAY 2



- Learn coaching as a performance enhancement technique
- Learn to generate more creative ideas and strategies for implementation
- Learn to coach towards improved quality of life
- Learn to coach with greater flexibility and adaptability to change
- Learn to coach for the relief of stress
- Learn skills in listening for, recognizing and quickly addressing potential obstacles and problems
- learn how to recognise and improve skill deficiencies in others
- Learn a series of new tested transformation techniques for the coaching profession
- Learn to develop a deeper understanding of your mind and how to observe and steer it
- Master a key set of distinctions facilitating the flow of creativity
- Learn how to discover and grow people’s potential through sponsorship
- Start exploring a systematic approach to coaching
- The Disney Creativity Strategy
- The Miracle Question
- Patters of eye moments
- The Money Clinic – changing beliefs about abundance
- Belief conflict integration
- Logical levels of the mind
- Presuppositions - finding limiting beliefs
- Belief Change Script, Belief Conflicts, Timeline

### DAY 3



- Raising awareness of the importance of self-esteem in coaching
- Recognising levels of self-esteem
- Understanding the difference between confidence and self-esteem
- Measuring self-esteem
- Learn how to coach clients to raise self-esteem
- Practice coaching to raise self-esteem
- Learn the importance of core values
- Understanding the relationship between values and goals
- Learn how to conduct a core values elicitation
- Learn the application of values elicitations in coaching
- Learn the relevance of values and vision to goal achievement
- Coaching a client to identify their vision
- Learn how to help clients who are not particularly visual
- An overview of goals setting
- Understand the pitfalls of goal settings
- Coach a client of goal setting

*Enjoy one of the most exhilarating, motivational and educational courses available and acquire your Diploma in the second fastest growing phenomenon in the world.*

## COACHING DEVELOPMENT WEBINARS

**These monthly calls are designed to help you wherever you are on the course or on your journey as a coach.**

**Noble Manhattan is keen to support you both before and after you have qualified.**

**You can ask anything you would like about the course or your coaching, and participate as much or as little as you like - so even if you just want to listen you'll learn a lot. Cherry Claus, an Accredited Master Coach with over 9000 coaching hours of experience will be there to help and guide you and answer your questions.**

**She just loves helping people to develop their coaching skills.**

## ACQUIRING THE KNOWLEDGE

In addition to the course book which is excellent reading, there are ten core study modules that form an essential part of your course studies. They all provide rich content and activities to expand your learning on the key topics that, in combination, form the core experience of being a coach. The modules are 'workbooks' that engage you in the topics and at the end of each one consolidation exercises embed the learning. You can then choose which three of them would interest you most for further study.

Conversation

Beliefs

Questioning

Values

Listening

Building Self-Esteem

The TGROW Model

Goal Setting

Building Rapport

Ethical Coaching

Teleclasses provide verbal tuition from experienced and highly qualified Coaches regarding many of the important facets of coaching. The topics covered complement and expand on the study modules and provide valuable underpinning knowledge on which coaching skills are founded. There is a huge range of teleclasses available to you including different lecturers speaking on the same subject thus offering various viewpoints, approaches, methods of working and expertise.

Because you can listen to these calls online, download to your computer or transfer onto your MP3 you can listen to them as often as you want, until you feel really comfortable with the learning that has taken place.



## LEARNING THE SKILLS

Your practical skills are developed through 8 learning channels:

- one-to-one mentoring with your dedicated Mentor Coach
- coaching practice with friends and colleagues,
- teleclass recordings of live coaching sessions, with evaluation of the sessions by highly experienced Mentor coaches,
- coaching within study buddy groups,
- final coaching assessment,
- the three day residential experience, which integrates practical and theoretical learning
- monthly coaching development webinars
- coaching support groups.

Helping you to hone your practical coaching skills is a dedicated Mentor Coach who will work with you on a one-to-one basis. These sessions are conducted by our highly trained and experienced Coaches who work to Noble Manhattan standardised assessment criteria.

You will enjoy no less than 6 one-to-one coaching sessions, structured specifically to give you practise in coaching on many of the most common issues. You may also coach on a topic of your own choosing, which you can arrange with your Mentor. So if there is any particular issue in which you are interested you have the opportunity to develop your skills in this direction.

After each session your Mentor Coach will provide you with thorough feedback and guidance on improving your skills so that you reach a level of competence and confidence that Noble Manhattan students are proud to possess.

Interspersed with your mentoring sessions you will practice your coaching skills by carrying out coaching sessions with your study buddies, friends, family and colleagues.

Further focus is provided by the residential experience and additional support gained through the Monthly Coaching Development Webinar. You will also learn other coaching models and skills through the Coaching Support Groups.

## COACHING SUPPORT GROUPS

**These are global events run on a monthly basis.**

**It's a great opportunity to meet like-minded people, network, gain clients and learn and practice new coaching techniques.**

## STUDY BUDDY GROUPS

**These are invaluable for students looking to join and communicate with other students as a Group, and very useful for those seeking 'coaching clients', guidance, support, tips, ideas and documents while being educated and trained to become a Coach.**



## JUST SOME OF THE TEAM



**Gerard O'Donovan** –  
CEO



**Cherry Claus** –  
trainer, mentor, assessor



**Di McLanachan** –  
trainer



**David Miskimin** –  
trainer,



**Wendy Jefferies** –  
mentor



**John Fielder** –  
mentor, final assessor

Please visit our website at  
[www.noble-manhattan.com](http://www.noble-manhattan.com) for full course  
details and current prices.

## TESTIMONIAL

*After a lot of research throughout the world,  
I trained with Noble Manhattan. What can  
I say? They are an accredited training com-  
pany, the training material  
is superb and the quality of trainers,  
mentor coaches and student support is out of  
this world!*

Alexandra Barton

## NOBLE MANHATTAN COACHING LTD

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Students in over 27 countries.

Offices in UK, Poland and Romania

