

Mayo Education Centre in association with Kingstown College, wish to offer an:
Advanced Diploma in Mental Health and Wellbeing Coaching.

This course will be available in Mayo Education Centre over 6 weekends
October 2017 - April 2018:
Fridays 4pm – 7.30pm
Saturdays 9.30am – 4pm. (Calendar Attached)

This highly successful Diploma in Mental Health and Wellbeing Coaching (from Recovery to Discovery) was the dynamic partnership between Kingstown College and MindWise that resulted in the production of the first ever Mental Health and Wellbeing Coaching qualification accredited by the European Mentoring and Coaching Council. Combining 20 years significant experience in Coaching and 44 years of mental health expertise from MindWise, these two organisations have worked together to bring you this exciting new qualification.

The Mental Health and Wellbeing Coaching qualification design incorporates the most current research conducted by thought leaders in the areas of recovery; resilience and wellbeing; positive psychology; cognitive behavioural coaching and other multi-faceted concepts.

Who is this programme for?

- Leaders in Education, Principals and Teachers.
- Business Managers and Supervisors
- HR Professionals and Organisational Consultants
- Practicing Coaches in the area of Mental Health and Wellbeing
- Psychologists and Psychotherapists and Life scenarios
- Mentors & Counsellors and anyone who wishes to gain an accredited qualification in Professional Coaching & Mental Health.

Cost

The normal price for this course is €3,250, however Mayo Education Centre in conjunction with Kingstown College have agreed a reduced rate of €1,890. Monies are payable directly to Mayo Education Centre and arrangements can be made with participants to have payments spread over 3 payments from October 2017 – April 2018. This payment will include tea/coffee and biscuits on Friday evenings and lunch on Saturdays.

Please contact Mayo Education Centre on 094 9020700 with your expression of interest or email us at colas@mayoeducationcentre.ie

Further details available online at www.MayoEducationCentre.ie or a link to the online site is: <https://mentalhealthandwellbeingcoachingonline.com/#welcome>

The aim is to enable mental health and wellbeing practitioners to use this innovative and dynamic approach to support their clients in a journey of recovery and discovery through coaching.

Module 1: Students are introduced to Mental Health and Wellbeing Coaching and the concepts of Recovery and Discovery as they relate to this branch of coaching. Students learn how to structure a professional mental health and wellbeing coaching session using core coaching tools and other concepts such as appreciative inquiry and feed forward.

Module 2: We look at several coaching techniques and interventions that help create new insights for their client. The students develop their own personal coaching style while studying the impact of values and beliefs on the recovery process. All coaching techniques are adapted to suit the mental health and wellbeing arena.

Module 3: In Module 3, we look at how to use our core coaching skills in a little more depth. Concepts such as commitment and motivational interviewing are discussed and their relation to the MHWB coaching process. We discuss the core competencies of a Mental Health and Wellbeing Coach and the use of these competencies in a good coaching session.

Module 4: From this module on, we discuss MHWB Coaching concepts, tools and approaches in more depth. Students are presented with the fundamental concepts of the Recovery Approach, recovery-specific tools such as the Kingstown College RAD Action Plan, and an overview of WRAP®. The application of the recovery to discovery approach to mental health and wellbeing coaching is discussed as well as coaching for resilience – using resilience-building coaching tools, the Paula King ROSE© Resilience Coaching model and the Systems Resilience Model developed by Shelley Crawford. Students are also introduced to the application of conflict coaching to the area of mental health and wellbeing.

Module 5: In Module 5, we discuss coaching from a Positive Psychology and Cognitive Behavioural perspective and examine how some of the associated tools can be used in coaching. We examine some traditional MHWB assessment tools, wellbeing coaching tools used in a Positive Diagnostic System and learn to apply the MHWB coaching model to them for maximum effect.

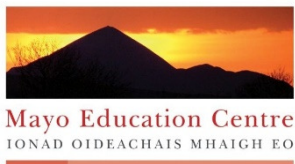
Module 6: In Module 6, we explore the Life and Career Planning Coaching Model, again adapted for the MHWB arena, as well as some coaching approaches to Wellbeing in the Workplace. At this point of the course we also look at the importance of Ethics in MHWB, Mentoring and Supervision for a Coaching Professional and the EMCC Code of Ethics.

Please complete the attached form with your deposit of 250 euro by the closing date:

Closing date Friday 6th Oct 2017.

Tel:094 9020700

Email: eolas@mayoeducationcentre.ie



Advanced Diploma in Mental Health and Wellbeing Coaching.



Please complete the form below and return to Mayo Education Centre by post or e-mail
eolas@mayoeducationcentre.ie

Name: _____

Address: _____

E-mail Address: _____

Mobile No: _____

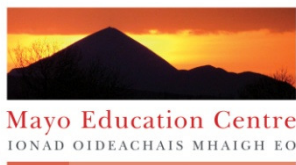
School: _____

Course : _____

Payment type: _____

Please return to Mayo Education Centre

Contact details are:



Address: Mayo Education Centre, Westport Rd, Castlebar, Co. Mayo

Email: eolas@mayoeducationcentre.ie

Kingstown College Coaching Schedule 2017/2018 Schedule

Advanced Diploma in Mental Health and Wellbeing Coaching Mayo Educational Centre

	Fridays 4pm – 7.30pm Saturdays 9.30am – 4pm
Module 1	13 th October 14 th October
Module 2	10 th November 11 th November
Module 3	19 th January 2018 20 th January 2018
Mastery 1	10 th February
Module 4	16 th February 17 th February
Module 5	9 th March 10 th March
Module 6	13 th April 14 th April
Mastery 2	28 th April