



In partnership with  iheart

COURSE SCHEDULE

Resilience Coaching Training Course – Youth Delivery January 2024

All times shown in UK time zone (GMT)

MODULE 1: FOUNDATION

	Learning format	Duration	Dates and times	Description
Welcome Webinar	Live & interactive	2 hours	Sunday 21 st January 5pm – 7pm	Induction, introductions, course overview & expectations of students with Course Leader
Framework: Level 1	Self-directed	5 hours	Sunday 21 st January – Sunday 28 th January	5 x 1 hr recorded sessions giving a detailed overview of the resilience framework.
Framework: Level 2	Live & interactive	6 hours	Saturday 28 th January 12pm-6pm	Exploration of the Resilience Framework.
Framework: Level 3	Live & interactive	6 hours	Sunday 3 rd March 12pm-6pm	Further exploration of the Resilience Framework.

MODULE 2: PROGRAMME

	Learning format	Duration	Dates and times	Description
Programme training – Part 1	Live & interactive	6 hours	Sunday 4 th February 12pm-6pm	Live demonstration of youth programme. Sessions 1-4.
Programme training – Part 2	Live & interactive	6 hours	Sunday 11 th February 12pm-6pm	Live demonstration of youth programme. Sessions 5-8.
Programme training – Part 3	Live & interactive	6 hours	Sunday 18 th February 12pm-6pm	Live demonstration of youth programme. Sessions 9-11
Programme training – Part 4	Self-directed	20 hours	Monday 19 th February – Sunday 3 rd March	Observation of recorded 1-1 and group youth delivery

MODULE 3: PRACTICAL

	Learning format	Duration	Dates and times	Description
Practical – Part 1	Self-directed	4 hours	Monday 19 th February – Sunday 3 rd March	Practical 1-1 coaching guidance, advice, and best practise.
Practical – Part 2	Live coaching practise	20 hours	Sunday 3 rd March – Sunday 20 th April	Coaching 2 practise clients through the Youth programme.
Practical – Part 3	Live & interactive	9 hours (3 x 3 hours)	Sunday 10 th March 2pm-5pm Sunday 31 st March 2pm-5pm Sunday 14 th April 2pm-5pm	Supervision throughout live coaching practise
Practical – Part 4	Self-directed	1 hour	Can be observed anytime between Sunday 3 rd March – Sunday 20 th April	Platform demonstration and resources overview.
GRADUATION	Live & interactive	2 hours	Sunday 20 th April 5pm-7pm	Closing and receiving your Resilience Coaching certification.

Please note that dates and time may be subject to change