

BRITISH ASSOCIATION FOR COUNSELLING AND PSYCHOTHERAPY
(BACP)

COACHING DIVISION (BACPC)

Training to be a Coach

There are numerous coaching courses in the UK and internationally, ranging from one day taster sessions through to Masters level and beyond, across many coaching modalities within and for many different contexts.

Deciding which course to take can be quite a challenge for both new and experienced practitioners, hence BACP is currently working on a project to map out the various coaching training courses that are available, assessing the various types and levels of training and considering how we might recognise coach trainings. We've identified well over 250 courses in the UK alone and more are being added every day to our list. Therefore whilst this work is being undertaken, we offer these questions as a signpost to BACP members considering the various options in coach training:

- What type of coaching work are you interested in doing?
- What type of clients do you currently work with or want to work with?
- What is your training budget?
- Are you looking for something that shares similarities to your existing training or for a completely different approach?
- Do you need your training to cover business management / business development skills as well as coaching skills?
- Do you learn best in small or large groups?
- Who can you ask in your network about coaching courses they've been on? (If you're a member of BACP Coaching division, you can ask our discussion forum on Linked In for their experiences).
- What depth and length of course are you considering? Are you looking for an Introduction, Certificate, Diploma or Masters level or for short CPD courses?
- Is having particular tutors delivering the course of importance to you (e.g. well known names, writers, academics, thought leaders)?
- Do you want to study in blocks, at weekends, evenings, full time, via distance learning?
- Where are you based and how far can/will you travel for your training?
- If you don't already have someone that can supervise your coaching work, do you need a course that offers this?
- Do you want a course that is accredited or recognised by an awarding body (e.g. Institute of Leadership and Management - ILM) or one of the coaching bodies?
- How much practical course work are you looking for and do you have somewhere where you could get experience / clients
- Do you want the course provider to promote your coaching services once you have qualified, for example, through alumni groups, business development services etc?

Hopefully, considering these questions will help you to focus your efforts, and you may have other questions of your own to add to this list.