



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.

COACHING FUNDAMENTALS CERTIFICATE[®] - CFC[®]



WHO IS IT FOR?

This is a great place to start your journey into the world of workplace coaching, providing you with essential coaching theory, knowledge and practise. Not only is it a certified course in its own right, which can immediately improve work communication and management, but it offers seamless progression to our other courses whether it is life dynamics or the corporate environment you choose .

The Coaching Fundamentals Certificate has been designed to accommodate people who require a shorter coach training programme that nevertheless delivers a robust level of content. There is absolutely no compromise on quality and you will participate in both theoretical study and practical experience.

This course is for you if:-

- you are new to coaching and are eager to start learning
- you wish to implement coaching into your workplace with colleagues or to improve your supervisory, team or management skills
- you want flexible learning
- you want to have the option of being able to progress your studies at a later date
- you want training from the best company in the industry.

COURSE STRUCTURE

- Course book which provides a great overview of coaching in the world today. This gives a basis of understanding that is then built upon during the workshop.
- Three day interactive workshop conducted by accredited trainers and coaches where you will learn about coaching and engage in some coaching practice. Be ready to work hard as these days are intensive with evening exercises to complete!
- The following modules are provided as comprehensive written workbooks so that you have them for ongoing reference. They are also covered during the workshop:-
 - four pillars of coaching
 - listening skills in coaching
 - the ability to ask questions in coaching
 - the TGROW model
 - values
 - coaching in organisations
- 3 mentor coaching sessions. This involves working on a one to one basis with your Mentor coach with whom you will focus solely on further developing your coaching skills. You will be asked to coach the mentor on a typical issue and at the end of each session the mentor will give you feedback on what you did well and where you can work on improving your skills, ready for the next session.
- 10 hours coaching practice . Taking the time to then apply everything you have been taught to real life situations, this is an important part of the learning process. As part of this development you will be required to reflect upon these sessions as time for reflection allows you to recognise where your own strengths and weaknesses and plan a way forward.



CERTIFICATION AND ACCREDITATION

Students submit a critique, a short essay, reflective learning notes and a coaching log as evidence of the work they have completed.

Following successful completion of the course students will be awarded the Noble Manhattan Coaching (NMC) Coach Certificate (NMP Cert)

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)

PROGRESSION

- Move on to the Practitioner Coach Diploma to become a fully qualified Personal Coach.
- Choose our Executive and Corporate Coach Certificate or Diploma course if you wish to develop your work in the corporate market

IIC and ILM accreditation pending



JUST SOME OF THE TEAM



Gerard O'Donovan – CEO



Di McLanaghan – trainer



Cherry Claus – trainer and mentor coach



David Miskimin – trainer and mentor coach

TESTIMONIAL

What I received here was lots of important information. The form and range of the training was delivered to an excellent standard and I am certain it will bring me measurable results.

NOBLE MANHATTAN COACHING LTD

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