

Creating opportunities
for change

Coaching Essentials

Information pack

A **5-day training programme** to develop the skills needed to coach, mentor and support others wanting to make long term behavioural change.

**EMERGING
FUTURES**



emergingfutures.org.uk

Who we are

Emerging Futures work with adults affected by drug and alcohol addiction, offering housing and community-based support.

- ▶ We believe that no one should suffer the stigma associated with addiction, and that everyone seeking support should feel valued and respected.
- ▶ We provide homes for people to connect with others and make the necessary changes to move towards independent, healthy living.

Our behaviour change services provide a confidential space to share experiences, and offer practical support to those who want to change.

The Emerging Futures accredited coach training develops the skills of our volunteers, motivating people to give back and reconnect with their community.



The Coaching Essentials training programme:

Coaching Essentials is an in-depth 5-day training programme focussed on introducing the skills needed to coach, mentor and support others wanting to make long term behavioural change.

The training covers:

- ▶ **Introduction to Coaching**
- ▶ **Boundaries and Risk**
- ▶ **Communication**
- ▶ **Coaching Tools**
- ▶ **Coaching and You**

Who is it for?

This training programme is for people or organisations that:

- ▶ Are passionate about making a positive impact on the lives of others.
- ▶ Are interested in developing essential skills to effectively coach and support others.
- ▶ Have a lived experience of addiction, recovery, homelessness or mental health.
- ▶ Wish to access development with a recognised CPD accredited training programme.
- ▶ Are interested in volunteering for Emerging Futures.



Programme overview

The training programme is spread across 5 individual learning sessions.

1. Introduction to coaching

- ▶ Coaching overview
- ▶ Lived experience
- ▶ Individual support pathways
- ▶ The helping relationship

2. Boundaries and risk

- ▶ Boundaries and ethics
- ▶ Self-disclosure
- ▶ Dual relationships
- ▶ Risk and safeguarding

3. Communication

- ▶ The importance of communication
- ▶ Active listening
- ▶ Communication toolkit
- ▶ Motivational talking

4. Coaching skills

- ▶ Values
- ▶ Stages of change
- ▶ The T-GROW coaching model
- ▶ The COM-B behaviour change model

5. Coaching and you

- ▶ Coaching challenges
- ▶ Confidence
- ▶ Wellbeing
- ▶ Supervision and CPD

Benefits

CPD Accreditation & Provider of Training Excellence

Emerging Futures have been a member of the CPD Standards Office since 2024. As an organisation, we passed a rigorous assessment to become a Provider of Training Excellence.

Our Coaching Essentials course is CPD accredited and entitles people to gain:

- ▶ A formal CPD-accredited certificate for 25 hours of CPD.
- ▶ 1 year's free membership to the CPD Institute.
- ▶ A pathway into volunteer roles within our organisation and others.
- ▶ A foundation for employment within the health and social care sector.

“ I enjoyed the eye-opening content. I can use this new-found knowledge not only in helping others, but also in my own life!”

“ I’ve learnt a lot about communication with others, acceptance of everyone, and tools to be the most helpful I can be.”



Volunteering with us

Coaching is at the heart of our approach to supporting those in our service and is delivered across all our projects from supported housing, family services and through our treatment partnerships.

Our team of volunteer coaches are experts by experience, providing support, advocacy and structured interventions that are collaborative in nature to guide people towards their values and what is important to them.

Our specialist coaches include

Recovery

Our recovery coaches promote wellbeing and active citizenship and develop recovery communities and mutual aid groups.

Community & Wellbeing

Our community & wellbeing coaches encourage healthy lifestyles and involvement in supportive community activities and groups.

Behaviour

Our behaviour (integrated offender management) coaches support prison leavers to create long-term positive changes.

Family

Our family coaches support the family and friends of those affected by the trauma of addiction, to increase wellbeing and resilience.

Thank you for considering enrolling

in the Emerging
Futures Coaching
Essentials programme.

If you have any further questions or
would like to register your interest for a
course in your area, please get in touch.