

Postgraduate

study at the University of East London

UEL
University of
East London

Coaching and Coaching Psychology



www.uel.ac.uk/psychology

COACHING AND COACHING PSYCHOLOGY PROGRAMMES

• MSc/Postgraduate Diploma/Postgraduate Certificate Coaching and Coaching Psychology

Do you want to develop your understanding of coaching, its theory and practice and gain a formal post-graduate qualification in coaching. The programmes offer:

- A strong practical approach
- An opportunity to develop your skills and professional practice
- A route to enhance your employment opportunities.

The School of Psychology's Coaching Psychology Unit has developed three innovative post graduate programmes for those seeking to develop their skills in coaching.

Further details can be obtained at www.uel.ac.uk/psychology/coaching



PROGRAMMES

The programmes are designed for people who are looking to take forward their careers in coaching, consulting, health and education. For those students who have completed a recognised British Psychological Society undergraduate degree (GBR) there are three Coaching Psychology programmes at postgraduate certificate level, postgraduate diploma and masters level. For those without a BPS recognised psychology degree there are three parallel qualifications. The content of the three programmes is the same.

The programmes offer a highly flexible approach which we have found suits students' needs. The programmes are offered part time, with teaching concentrated on a Saturday, once a month, which allows students to continue with full time paid work or maintain other responsibilities. In addition the programme offers two intakes a year in: September and February.

The postgraduate diploma and masters are completed over two years part time. The postgraduate certificate can be completed over one year. The post-graduate certificate can also be completed in two intensive blocks of five days over a three or six month period, and is designed to be delivered both at

the university and within organisations. The programme offers a diverse course team, drawing on both experienced chartered psychologists from occupational and clinical backgrounds, as well as from practicing coaches, teachers, health professionals and senior consultants from business.

AIMS OF THE PROGRAMME

The programmes provide a professional training for people wishing to work in organisational, educational and health settings to develop and coach their staff, students, patients and clients. It also aims to provide opportunities for practicing coaches to update their understanding of theory, research and wider psychological knowledge to compliment their practical skills, and thus gain a competitive advantage in the market and a professional university qualification, which recognises their skills.

ENTRY REQUIREMENTS

Postgraduate Coaching Psychology programmes

You should possess a degree or equivalent from a recognised university, and hold BPS GBR. It is also desirable to have had work experience, and over 85% of our students have relevant experience.

Postgraduate Coaching programmes

You should possess a degree or equivalent from a recognised university and have work experience. However, applications are also invited from those who have substantial experience (over 5 years) and a strong motivation to study.

For both programme streams we will invite you to complete an application form and we may invite you to attend an interview at UEL.

If you want to find out more about the programme or about UEL we are happy to arrange a tour of our campus.

PROGRAMME COMPONENTS

To complete the **postgraduate certificate** students most complete two modules, for the **postgraduate diploma** students must complete four modules, for the masters students must complete six modules, including the research project.

To obtain the **postgraduate certificate** students must complete two modules (Evidenced based coaching theory & practice & Leadership and organisational coaching or Coaching and mentoring in education or Health based coaching).

To complete the **postgraduate diploma** students must complete four from five modules (Evidenced based coaching

theory & practice, Leadership and organisational coaching, Psychological perspectives on the self and others and either Coaching and mentoring in education or Health based coaching).

The **MSc** students must complete four diploma modules and also undertake two research-based modules.

STRUCTURE AND ASSESSMENT

The unique modular nature of the programme ensures a highly flexible qualification. The seven modules are delivered through a mixture of lectures, visiting guest speakers, videos, case studies, projects and practical assessments, plus private and group work.

There are no formal written exams. Instead assessment is based on individual and group work, coaching practice and reflection, short and long project reports.

Module 1: Evidenced based coaching theory & practice

This module offers students the opportunity to develop an informed perspective on the major theoretical models such as humanistic, behavioural and cognitive behavioural coaching. Students will critically discuss the existing empirical research and understand the current state of the evidence for coaching within an international context.

Module 2: Leadership and Organisational coaching

This module offers students the opportunity to develop an informed perspective on the major theoretical models of leadership and critically discuss the major theoretical models of organisational design, strategy and change, and how coaching can be used within organisations for individual and organisational development.

Module 3: Psychological perspectives on the self and others

This module offers students the opportunity to develop an informed perspective on the major theoretical models of the self, the use of psychological instruments as a route to understanding personality. It also aims to encourage students to understand themselves as agents of change in the coaching relationship and how these aspects inform cross-cultural working in one to one relationships

Module 4: Coaching and mentoring in education

This module offers students the opportunity to compare and contrast different approaches to mentoring, the use of feedback and potential of coaching as a tool within educational settings. Students will also develop their skills in the application of positive psychology approaches to coaching such as strengths based and appreciative inquiry coaching.

Module 5: Health based coaching

This module offers students the opportunity to develop an informed perspective on the major theoretical models of stress and well being, and how coaching can be used to address health issues. Students will also develop their skills in the application of advanced coaching techniques such as motivational interviewing.

Module 6 & 7: Quantitative and Qualitative Research Methods / Dissertation

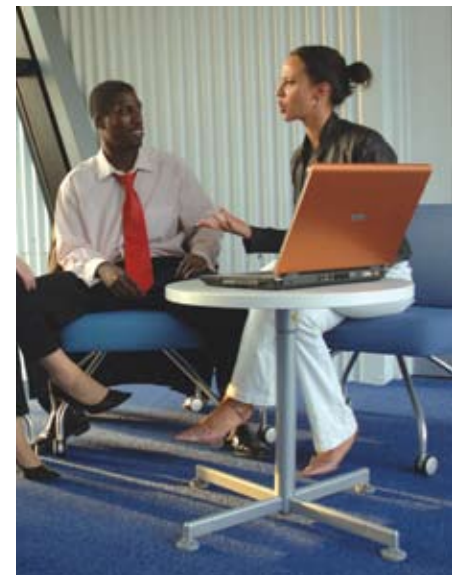
In these two modules students will develop their understanding of research methods and apply these within a real world research project, based in their area of interest or their own organisation.

OPPORTUNITIES FOR FURTHER STUDY

The programme is based within one of UK's largest schools of psychology, with both BPS recognised programmes and innovative programmes such as the MSc in Applied Positive Psychology and the MSc Work Psychology.

Students from the programme can pursue a number of alternative options:

- Professional Doctorate in Occupational Psychology (D.Occ.Psy)
- BPS Chartered Occupational Psychologist
- PhD.



COACHING AND COACHING PSYCHOLOGY

ENTRY REQUIREMENTS

Degree at 2.2 (GBR psychology degree for psychology awards) or 5 years experience

YEAR ONE
Postgraduate Certificate

YEAR TWO
Postgraduate Diploma / MSc

Semester A:
September
Students can start
programme here

PYM251
Evidenced based
coaching theory and
practice

PYM255
Psychological
Perspectives on the self
and others

**Induction and Core
Coaching Skills**

Coaching practice and supervision

Semester B:
February
Students can start
programme here

PYM252 and PYM253
One option from:
Leadership and
Organisational coaching
or Health based coaching

PYM252 and PYM254
One option from:
Leadership and
Organisational coaching
or Coaching in education

Semester C

PYM256
Research Skills
and Dissertation Pt1

PYM257
Practice and
Dissertation Pt2

Modules are part of the
Postgraduate Certificate options

Modules are only part of the
Postgraduate Diploma options

Modules are only part of the
MSc

ABOUT THE SCHOOL

UEL's School of Psychology, one of the UK's largest academic departments of Psychology, is renowned for being exciting, dynamic and innovative. We are committed to leading-edge development of our subject, discipline and profession through close integration of teaching, research and consultancy.

With a reputation for the high quality of our teaching, research and consultancy, the School is recognised as a leading centre for the training of professionals in the field of psychology.

We offer an extensive portfolio of programmes at Undergraduate, Master's and Doctorate levels, covering clinical, educational, occupational and counselling psychology, career guidance and counselling and psychotherapy. In all these areas of our activities, we are accredited by professional bodies.

Our staff and students are ably supported by state-of-the-art specialist laboratories, including infancy, psychophysiology and virtual reality labs.

THE STUDENT EXPERIENCE

The University of East London is a global learning community, with almost 20,000 students from over 120 countries world-wide.

Our vision is to achieve recognition, both nationally and internationally, as a successful and inclusive regional university proud of our diversity, committed to new modes of learning which focus on students and enhance their employability, and renowned for our contribution to social, cultural and economic development, especially through our research and scholarship. We have a strong track-record in widening participation and working with industry.

With both our campuses based in East London – arguably the capital's liveliest and most affordable area – we're also ideally located, less than half-hour bus or train journey from central London and adjacent to the UK's most exciting development - the 2012 Olympic Park.

At the heart of the campus is University House, a splendid listed building housing newly upgraded laboratories and workshops, a magnificent Great Hall featuring a modern, 250 seat tiered lecture theatre, plus teaching and seminar rooms

The beautiful and historic former Central Library has been restored and transformed into an inspirational new, fully networked library and learning centre, and we've created new Students' Union facilities including an internet café in the architecturally stunning former Passmore Edwards Museum.

On both our campuses, students have 24-hour access to state-of-the-art IT facilities, libraries, learning resource centres and online workstations.

The School of Psychology is within ten minutes walking distance of Stratford Station (Central Line, Docklands Light Railway and British Rail) and there is easy access to the M11 and M25 motorways. The station will also shortly be connected to EuroStar services and to London St Pancras International by Fast Link which will take 9 minutes.

APPLICATIONS

Application can be made on line at www.uel.ac.uk/apply. We will e-mail you to let you know it has been received.

Application forms can also be obtained from our Applicant Enquiries Office.

Tel: +44 (0)20 8223 3333
E-mail: admiss@uel.ac.uk

ADMISSIONS

Following application and an interview, applicants may be offered an unconditional offer, or they may receive a conditional offer (subject to the award of a GBR degree or other award).

ATTENDANCE PATTERN

The programme is over one or two years part time. Attendance is concentrated on Saturdays. Attendance is on one day per month and runs over ten months of the year.

Outside of these times students should anticipate spending several hours each week on private study, reading,

assignments, practice and group work, and will need to be able to undertake coaching practice between each taught session.

SUPERVISION AND TUTORIAL SUPPORT

Each student is allocated a supervisor. This tutor will also be responsible for student support and in addition will supervise the research project. The team has an open door policy which means students can arrange face to face conversations with staff.

In addition students will also have coaching supervision. This may be face to face or via the telephone, in addition to group supervision sessions run during the teaching day on Saturdays. For emergency and out of hours contacts students will have mobile numbers for their supervisor

FEES

Fees are subject to annual review. In 2008-9 these are £1000 per module for UK and EU qualifying students and

£1855 per module for International students. Students will need to complete 6 modules in order to obtain a Master's degree. There are discounts for early payment.

INFORMAL VISITS

The university welcomes informal visits from prospective students, to see the teaching, campus and meet the staff team and fellow students. These visits should be arranged in advance. Please telephone or email us to arrange a suitable time.

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PROGRAMME ENQUIRIES

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JONATHAN PASSMORE
Senior Lecturer



Jonathan leads UEL's Coaching Psychology Team. He is a chartered occupational psychologist and an active contributor to the development of coaching practice

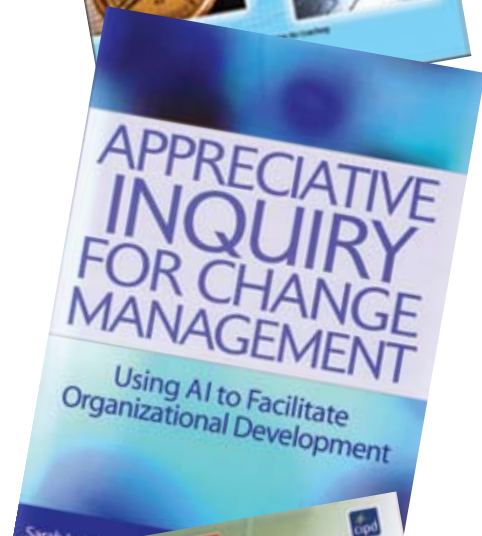
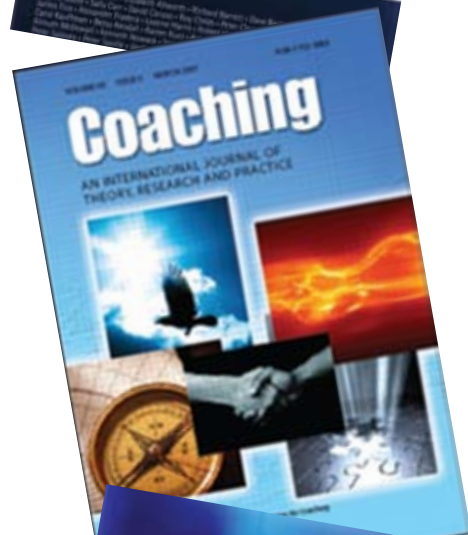
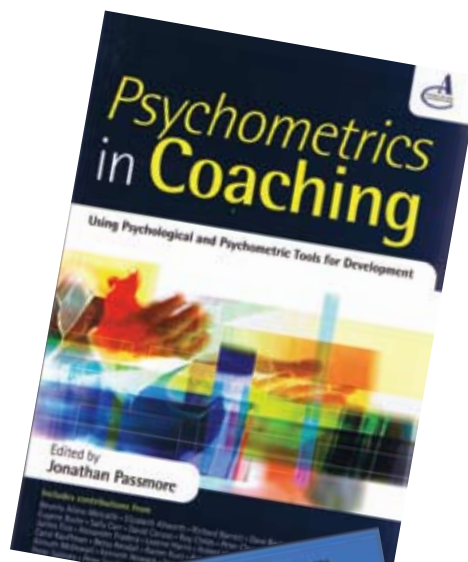
in the UK. He is the author of three books on coaching, (*Excellence in Coaching*, *Psychometrics in Coaching* and *Diversity in Coaching*) in addition to a score of articles in the psychology, HR and business press. He is a regular speaker at UK and International conferences on coaching and leadership. Prior to joining UEL Jonathan has worked as a consultant with Pricewaterhouse Coppers, IBM Business Consulting and OPM.

DR HO LAW
Senior Lecturer



Ho is an experienced chartered psychologist and coaching practitioner. He has written and published widely including being the lead author of

The Psychology of Coaching, Mentoring and Learning, as well as articles in *The Coaching Psychologist* and *ICPR*. He is also an active member of the BPS Special Group in Coaching Psychology. Ho has previously worked in the public sector and is an expert in diversity.





THE COACHING PSYCHOLOGY TEAM

The Coaching Psychology Unit takes a strong practice focus. Our team members involved in teaching on the programme are drawn from a wide range of public and private sector organisations.

The programme is designed around the concept of a mosaic with regular speakers bringing their external expertise but with the core programme team integrating these elements and supervising practice.

We have appointed a number of well known practitioners to deliver the programme. These include:

- Sir John Whitmore: leading coach and author of Coaching for Performance.
- Dr Alison Whybrow: Chair of the BPS Special Interest Group in Coaching and i-coach consultant and editor of the Handbook of Coaching Psychology.
- Katherine Tulpa: Chair of the Association for Coaching, writer and CEx of Wisdom8
- Frank Bressler: International coach and author of the Review of Coaching in Europe.
- Dr Tim Anatiss, GP and Health Coach
- Eugene Burne, Director SHL
- Andy Brown, Educational Coach

Note: The BPS and AC publications are produced with agreement from these organisations.



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