

ILM Level 5 Certificate in Effective Coaching and Mentoring: Training video list

1

Coaching Contracts and Stakeholder Management (15:24)

<https://vimeopro.com/ilm1/ilmcoachingresources/video/297309902>

Management Coaching (7:04)

<https://vimeopro.com/ilm1/ilmcoachingresources/video/296052340>

Coaching for Performance (4:53)

<https://vimeopro.com/ilm1/ilmcoachingresources/video/296052206>

Coaching and Mentoring for Continuous improvement (12:16)

<https://vimeopro.com/ilm1/ilmcoachingresources/video/296051814>

Running Effective Meetings (8:32)

<https://vimeopro.com/ilm1/ilmcoachingresources/video/296051555>

Motivating People to Perform (11:14)

<https://vimeopro.com/ilm1/ilmcoachingresources/video/296051351>

2

Definitions of Coaching (9:49)

<https://vimeopro.com/ilm1/ilmcoachingresources/video/296051111>

Increasing Awareness and Responsibility (8:54)

<https://vimeopro.com/ilm1/ilmcoachingresources/video/296050759>

Effective Questions to Maximise Performance (12:07)

<https://vimeopro.com/ilm1/ilmcoachingresources/video/296050492>

Coaching and Mentoring to Enhance Emotional Intelligence (16:52)

<https://vimeopro.com/ilm1/ilmcoachingresources/video/296050048>

Coaching Vs Other Styles of Management (4:51)

<https://vimeopro.com/ilm1/ilmcoachingresources/video/296049955>

Coaching and Mentoring to Reduce Stress to promote well-being (15:19)

<https://vimeopro.com/ilm1/ilmcoachingresources/video/296049213>

3

Breaking Negative Cycles (8:18)

<https://vimeopro.com/ilm1/ilmcoachingresources/video/296048865>

Using the Performance Wheel (3:59)

<https://vimeopro.com/ilm1/ilmcoachingresources/video/296048625>

Psychology of Coaching (7:48)

<https://vimeopro.com/ilm1/ilmcoachingresources/video/296048291>

Coaching and Mentoring People Through Change (7:23)

<https://vimeopro.com/ilm1/ilmcoachingresources/video/296650016>

Welcome Video (1:51)

<https://vimeopro.com/ilm1/ilmcoachingresources/video/296650284>

Coaching competencies, ethics, on-going coaching Supervision and CPD (15:43)

<https://vimeopro.com/ilm1/ilmcoachingresources/video/296650617>

4

The Role of Diagnostics (24:13)

<https://vimeopro.com/ilm1/ilmcoachingresources/video/296650329>

Introduction Part Two (Using Coaching to maximise performance (2:41)

<https://vimeopro.com/ilm1/ilmcoachingresources/video/296650176>

Different types of Coaching Interventions (15:17)

<https://vimeopro.com/ilm1/ilmcoachingresources/video/296649763>

Everyday Coaching for busy managers (11:06)

<https://vimeopro.com/ilm1/ilmcoachingresources/video/296059810>

Raising Awareness of Under-Performance (5:55)

<https://vimeopro.com/ilm1/ilmcoachingresources/video/296059703>

OSCAR demonstration (17:02)

<https://vimeopro.com/ilm1/ilmcoachingresources/video/296059185>

5

Using Transactional Analysis in Coaching and Mentoring (10:23)

<https://vimeopro.com/ilm1/ilmcoachingresources/video/296058096>

Developing a Coaching and Mentoring Culture – the benefits, the challenges and measuring return on investments (19:29)

<https://vimeopro.com/ilm1/ilmcoachingresources/video/296058355>

The OSCAR Performance Coaching Model (4:34)

<https://vimeopro.com/ilm1/ilmcoachingresources/video/296058028>

Listening and Feedback (21:55)

<https://vimeopro.com/ilm1/ilmcoachingresources/video/296671237>

Core skills of coaching (6:33)

<https://vimeopro.com/ilm1/ilmcoachingresources/video/296671785>

Introduction to Part Three (Embedding Coaching in the organisation) (2:05)

<https://vimeopro.com/ilm1/ilmcoachingresources/video/296650235>

6

Building Better Relationships (11:08)

<https://vimeopro.com/ilm1/ilmcoachingresources/video/296057710>

The role of Transactional Analysis in Coaching and Mentoring (10:59)

<https://vimeopro.com/ilm1/ilmcoachingresources/video/296057410>

Using the Performance Wheel to Address Under Performance (7:54)

<https://vimeopro.com/ilm1/ilmcoachingresources/video/296056754>

The steps needed to develop a coaching and mentoring culture (11:03)

<https://vimeopro.com/ilm1/ilmcoachingresources/video/296056376>

Raising Awareness Demonstration (22:40)

<https://vimeopro.com/ilm1/ilmcoachingresources/video/296055854>

Everyday coaching for busy managers (11:06)

<https://vimeopro.com/ilm1/ilmcoachingresources/video/296055555>