

## Level 7 Award in Strategic Approaches to Mental Health and Wellbeing

Location	Online
Course Type	Adult, University Level
Department	Business & Law
Start Date	Friday 1st August 2025
Duration	Part-time, 1 Year
Time	09:00 - 17:00
Fee	£ 750.00
Course Code	XAP-XD7A-1200

### Course Overview

The Level 3 Qualification in Coaching and Mentoring is designed for supervisors and first-line managers, to support the development of coaching and mentoring skills and techniques of individuals and teams, alongside working to achieve organisational objectives.

### Course Requirements

This qualification can be offered to Learners from age 19.

GCSE's Maths and English A-C or an equivalent functional skills qualification at Level 2

Students will be contacted by a course tutor and a formal assessment of the professional will be reviewed.

Applicants will be invited to an information session to learn more about the course and eligibility criteria.

## What You Will Learn

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- Understand the principles of coaching and mentoring
- Understand the skills required of a coach
- Understand the skills required of a mentor
- Understand the impact of coaching on individual, team and organisational performance
- Understand the impact of mentoring on individual, team and organisational performance
- Understand the impact on the individual and team needs of the coaching process
- Understand the impact on the individual and team needs of the mentoring process
- Understand the individual and team knowledge, skills or behaviours
- Understand the stages of a coaching process
- Understand the stages of a mentoring process

## Assessment

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CMI Centres are encouraged to use a range of methods to ensure that all the learning outcomes and assessment criteria are met, and to enhance Learners' development. Assessment methods can include:

- Case studies
- Assignments
- Reports
- Integrated work activities
- Projects
- Presentations

The written word, however generated and recorded, is still expected to form the majority of assessable work produced by Learners at Level 3. The amount and volume of work for each unit at this level should be broadly comparable to a word count of 2000- 2500 words. Learner work should aim to minimise the amount of unnecessary attachments or appendices. Information that is essential to the Learners work in order to meet the learning outcomes and assessment criteria should be included within the main body of the report.

## Progression

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CMI Level 3 Qualification in First Line Management.

## Career Options

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CMI Membership involves making a commitment to your ongoing professional development. CMI provides a range of services to support you in this process, including our nationally recognised qualifications, the wealth of information available through our online resources, as well as routes to Chartered Manager and as your progress along your career journey.

These CPD resources can be accessed through your CMI Membership.

## **Mandatory Units**

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Principles, skills and impact of coaching and mentoring

Coaching and mentoring for individual and team needs

## **Contact Details**

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For further information please email [HEenquiries@tcg.ac.uk](mailto:HEenquiries@tcg.ac.uk)

## **Disclaimer**

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Although every care has been taken to ensure that the information contained within this document is accurate, there may be changes to this programme and provision. We will endeavour to keep prospective and current students updated where appropriate and when the information becomes available.