

Open Awards Qualification Unit



Form OAQU

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1 Unit Details

Unit Title:	Coaching Skills
QAC Code:	A/507/5279
Level:	Level 2
Credit Value:	3
Minimum GLH:	25

2 Learning Outcomes and Criteria

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Understand a range of coaching techniques and how they are used to improve performance.	1.1 Give examples of situations where coaching is used to help people improve their performance.
	1.2 Identify a range of coaching techniques.
	1.3 Describe how different coaching techniques are used to improve performance.
2. Be able to plan a coaching programme to meet specified needs.	2.1 State the aims of the coaching programme.
	2.2 Describe the outcomes by which the success of the coaching programme will be measured.
	2.3 Produce an outline programme with timescales.
	2.4 Check the programme with an appropriate person and make changes if necessary.
	2.5 Identify the resources needed to deliver the programme.
	2.6 Describe any policies or procedures that need to be complied with when delivering the programme.
3. Be able to deliver a coaching programme.	3.1 Provide clear information about the aims and intended outcomes of the programme to the participants.

	3.2	Provide explanations appropriate to participants' needs.
	3.3	Provide demonstrations appropriate to participants' needs.
	3.4	Deliver sessions at a pace appropriate to the situation.
	3.5	Provide opportunities for participants to reflect on their performance.
	3.6	Give constructive feedback.
	3.7	Adapt programme in response to participants' needs.
4. Be able to review a coaching programme.	4.1	Take feedback about the programme.
	4.2	Describe the extent to which the intended outcomes of the programme were achieved.
	4.3	Describe what went well with the programme.
	4.4	Describe how the programme could have been improved.