



FullColour
COACHING

Coaching **Skills** for **Wellbeing** Award



scottish credit and
qualifications framework

SCQF Level 5

About

Full Colour Coaching

Angie Shearer, a PE teacher in Aberdeenshire for almost 20 years, founded Full Colour Coaching in 2020 after witnessing the rise of stress and anxiety and other mental health issues in students.

Angie works with a range of primary and secondary schools to deliver 1-1 and small group coaching sessions. Using evidence-based coaching and positive psychology interventions, Angie supports young people to learn key strategies that help them to proactively build and maintain positive mental health and wellbeing.

Hi, I'M
ANGIE



Our Coaching Skills for Wellbeing Award will enable your students to learn solution-focused coaching skills and wellbeing interventions to support their peers' overcome challenges, building confidence and resilience.

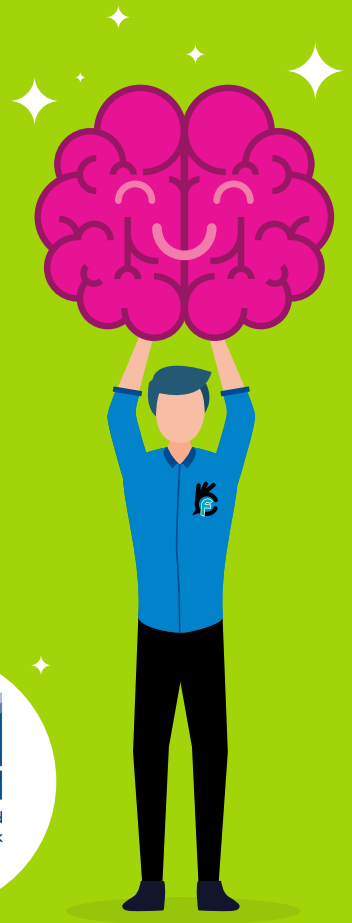
www.fullcolourcoach.com/wellbeing



Coaching Skills for Wellbeing Award

SCQF LEVEL 5 | 8 CREDIT POINTS | 40 CCE POINTS

Our Coaching Skills for Wellbeing Award aims to support, empower and inspire students to learn key coaching skills, tools and a coaching model, alongside wellbeing interventions which they can personally apply to support their own wellbeing. In addition, students will confidently be able to use their evidence-based coaching skills and wellbeing interventions with others, within a leadership role, to support the mental health and wellbeing of their peers.



Why Coaching?

1

1 in 6 young people are reporting symptoms of mental distress since the pandemic.

2

Half of all mental health problems are established by the time someone is 14.

3

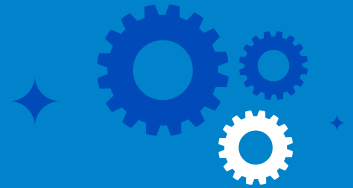
75% of all mental health problems are established by the time someone is 18.

4

Young Minds is calling for action from the Government to provide more early mental health support for young people.

Course Structure

Coaching Skills for Wellbeing Award



To gain the award candidates must successfully complete two units:

- 1 Coaching Skills for Wellbeing** **37 HOURS**
An Introduction (SCQF level 5) - 3 Learning Outcomes
- 2 Coaching Skills for Wellbeing** **38 HOURS**
In Practice (SCQF level 5) - 3 Learning Outcomes

What are the benefits?

Research has shown that when becoming a student coach, this improves thought processes, study skills, emotional intelligence, relationships, and communication skills

van Nieuwerburgh & Passmore, 2012

Research also shows that coaching enhances wellbeing and goal striving of high school students. Providing coaching to high school students can increase their resilience and hopefulness and reduces anxiety and depressive symptoms

Green, Norrish, Vella-Brodrick & Grant, 2013

Green, Grant & Rynsaardt, 2007

According to a study by the Human Capital Institute and the ICF, 83% of organisations planned to expand the scope of managers and leaders using coaching techniques over the next five years.

Coaching enables learners to enhance and develop many meta-skills which are essential for personal development and for employment opportunities within the world of work.

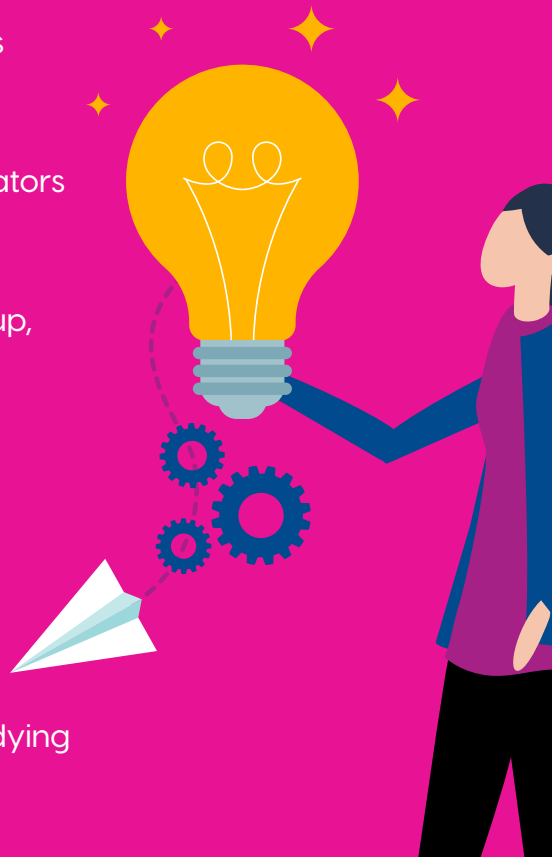
Target Group

S3-6 Students

This qualification is targeted at learners who are involved, or may become involved, in activities in which they would like to take on a leadership role and are motivated to enhance their own personal development, in order to support and help others. The qualification is designed to be flexible and is therefore suitable for learners from a wide range of centres.

Young people involved in any of the following roles would benefit from the Coaching Skills for Wellbeing Award:

- ✦ Prefects, Student Leaders and House Captains
- ✦ Mental Health Peer Educators
- ✦ Committees and Groups eg. Fundraising, Eco-Group, LGBTQ+
- ✦ MVP Peer Mentors
- ✦ Volunteers within Extra-Curricular Clubs and Organisations
- ✦ Paired Reading and Buddying



Course Investment

£1,200

Coaching Skills for Wellbeing Award

Included in the investment:

- ✦ Coaching Skills for Wellbeing Award resources and training for 16 students
- ✦ An SCQF Level 5 (8 points) award, credit rated by the SQA, and CCE accreditation from the International Coaching Federation
- ✦ 2 days in person training
- ✦ Access to staff training via an online course platform
- ✦ Access to self-paced modules for candidates via an online course platform
- ✦ 4 Packs of Character Strengths cards
- ✦ Full Colour Coaching notebook, pen and lanyard for each candidate
- ✦ Support throughout the year for students and staff
- ✦ Assessment of all course materials and learning outcomes by Full Colour Coaching
- ✦ Internal and external verification of candidate learning outcomes by Full Colour Coaching and SQA
- ✦ Certificate for each candidate on completion of the award

Ready to get started?

Get in touch with Angie for more information and book in training dates for your students! For training for more than 16 students, please contact Angie for a bespoke price.

angie@fullcolourcoach.com



To find out more sign up now!

www.fullcolourcoach.com/wellbeing



"It was a really beneficial course that's managed to boost my confidence in general communication skills (and coaching of course) and will really come to use when I'm working with the younger years in S6 Responsibility."

Student Coach

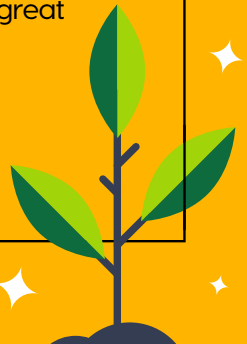
"I have no doubt that the coaching skills for wellbeing award will build confidence amongst the young people who take part, equipping them with skills and techniques that they can immediately put into practice. There are not always clear answers to the choices and challenges that young people encounter. This course creates time and space for young people to learn how they can unlock the potential in themselves and each other."

Olwen Fraser

Quality Improvement Officer, Aberdeenshire Council

"It was great to learn more about coaching and what it is. Not only has it helped me learn some skills towards dealing with situations better but it has helped me learn how to help others in this way too. I will find it great to use in my career as a paramedic."

Student Coach





Investing in coaching for your school will have a **long-lasting impact** and transform the mental health and wellbeing support available for your students.



This qualification has been accredited by the **International Coaching Federation** and credit rated by the **SQA**



To find out more sign up now!
www.fullcolourcoach.com/wellbeing