

CATALYST

TRANSFORMATIONAL CHANGE AND RESILIENCE



Our courses and qualifications



I think that was one of the best – if not the best – training sessions I have ever attended.

Liz and Damion were wonderful and engaged everyone in their discussions and practices. Logistically, it was top notch too.

Most importantly, the atmosphere they managed to create during those two days was incredible. Kind, trustworthy, compassionate and non-judgmental.

Catalyst 14 course participant

OUR PHILOSOPHY: COACHING IS ABOUT CHANGE

At Catalyst 14, we are passionate about developing you to become a coach who can meet your coachees where they are at, and enable them to flourish in the Volatile, Unpredictable, Complex and Ambiguous (VUCA) world of today and tomorrow.

We fundamentally believe coaching is about change, and this is the essence of our coach training programmes.

Our coaching training courses will enable you to become an exceptional coach practitioner, creating shifts in others that result in deep change and enhanced performance.



WHO ARE YOU LOOKING TO BECOME AS A COACH?

We aim to develop professional coaches fit for the world – coaches who:

- ✓ are exceptional practitioners
- ✓ can apply key psychological models and concepts pragmatically
- ✓ are self-aware, emotionally intelligent, embodied and mindful
- ✓ have an in-depth, personal understanding of change
- ✓ are structured in their approach with a tool kit to help support clients through personal and organisational change and key leadership challenges
- ✓ can develop transformational behavioural change in their clients
- ✓ who have capacity to work effectively face to face and remotely
- ✓ have lived through the coaching process themselves as coachees ('to be a good coach you need to be a good coachee.').

We are not interested in producing 'mini-versions' of ourselves; instead, we are offering you a unique and inspiring development journey to enable you to identify the coach you want to be.

We will help you learn and practise the art of coaching with in-depth support from our faculty.

Damion Wonfor, Catalyst 14 Founder

THE BENEFITS OF TRAINING WITH CATALYST 14

- ✓ Our courses provide a clear and structured modular learning path.
- ✓ You can identify the level and depth of training and accreditation that is right for you.
- ✓ You can train fully to achieve the European Individual Award with the European Mentoring and Coaching Council (EMCC). We are one of the first coach training organisations in the UK to offer this.
- ✓ Our training courses are built to develop you using a wide range of professional coaching approaches combined with rigorous practitioner development.
- ✓ Our workshops are highly experiential, meaning you will be constantly practising and learning pragmatic techniques and frameworks to maximise your impact as a coach.

THE BENEFITS OF TRAINING WITH CATALYST 14

- ✓ We have a cohort size of approximately 12 participants, which means your learning experience will be an intimate one.
- ✓ Our faculty will be role models for you, bringing expertise as internal and external coaches within specific fields of coaching.
- ✓ You will receive in-depth support from a personal tutor and coaching supervisor. The level of support and expertise we provide sets us apart from other coach training providers.
- ✓ During the modules you will receive 1-2-1 observation and feedback from our faculty on your coaching skills (this includes a practical assessment at the end of our Diploma course to ensure you are confident in your capability as a professional coach).
- ✓ You will receive 1-2-1 coaching during the course of your programme.



The standard and style of tutoring is top-notch. Catalyst 14 creates an environment that absolutely role models your coaching ethos – safe yet inspirational.

Participants are encouraged to “have a go,” knowing that they are learning a great deal even when they feel they don’t get it right (or not quite right).

Catalyst 14 course participant

OUR COACH TRAINING COURSES

We offer four main coach training courses:

- Introduction to the Fundamentals of Transformational Coaching
- Foundation Certificate in Transformational Coaching
- Diploma in Transformational Coaching
- Advanced Diploma in Transformational Coaching



INTRODUCTION TO THE FUNDAMENTALS OF TRANSFORMATIONAL COACHING

If you are a senior leader, manager or work in a HR or a learning and development role and would like to develop your coaching style to have more impact in your workplace conversations, then this 2-day highly experiential introductory course is for you.

Click to learn more:
[Online](#) | [Face to Face](#)

"The course was brilliant. I thought the structure and pace was perfect and we covered such a huge amount of content over the two days.

I thought the emphasis on experiential learning was great as it forced us to apply the models and framework we were learning about.

I really feel confident now that I have the foundations with regards to my coaching toolkit."

FOUNDATION CERTIFICATE IN TRANSFORMATIONAL COACHING

Our EMCC-accredited Foundation Certificate in Transformational Coaching programme is aimed at senior leaders, those working in a HR or L&D role, consultants and project managers.

Gain the knowledge, skills and confidence to coach effectively.

Click to learn more:

[Online](#) | [Face to Face](#)

“The most significant aspect is the quality of the facilitators. They are exceptional. The quality of delivery and feedback from them was of an incredibly high standard.”

DIPLOMA IN TRANSFORMATIONAL COACHING

Our EMCC-accredited Diploma is aimed at people who are passionate about developing others and wish to become a professional leadership coach. This course is available online and in person (note however that during the COVID-19 crisis, all our courses are being delivered online).

Click to learn more:
[Online](#) | [Face to Face](#)

"I started the transformational diploma at Catalyst 14 a broken husk spat out of a 25-year-old career looking for a new direction. I am nearing the end of the course with new confidence, a breadth, depth and sophistication of skills beyond my wildest expectations and a burning desire to not only coach but also work with businesses to help them with restructuring.

Damion and the team are intuitive, wildly knowledgeable, always human and exude a warmth and good humour that enhance their ambition, rigour and utter dedication to the profession they serve."

ADVANCED DIPLOMA IN TRANSFORMATIONAL COACHING

Our Advanced Diploma programme will enable you to make significant shifts both personally and professionally in the depth of your coaching work and will certify you with the EMCC at Senior Practitioner (EQA and EIA) level.

Click to learn more:

[Online](#) | [Face to Face](#)

"The faculty is fabulous – so knowledgeable and such masters in their fields. It was like an art watching them doing the practical sessions for us to observe. They were also incredibly approachable - so forthcoming and helpful with advice and support. I am so delighted I booked onto the Catalyst 14 programme."

APPLYING FOR OUR COURSES

If you'd like to apply for any of our programmes, you can do so quickly and easily using our [online application form](#).

If you have any queries about any of our courses, please don't hesitate to [get in touch today](#).

All the latest dates and fees for our courses are available [on our website](#).

We look forward to hearing from you!

