

# FAQs

Personal and Management  
Coaching | Postgraduate Diploma



### **How do I apply for the Course?**

Many thanks for your interest in this programme. Applications to the programme can be made through the online system which you will find on our website <https://www.ucc.ie/en/ace-pdpmc/>

Once you click on the 'Apply now' button, which is at the end of the programme webpage you will need to set up an account and be logged in to submit your application.

### **What does it cost?**

The cost of the programme is €6,800 per academic year. This payment is made in two instalments: the first half of the fee (€3,400) is requested at application stage. The second half is payable in February. All payment related requests and information will come from our colleagues in ACE Finance.

We like to inform candidates that we have an agreement with the Lough Credit Union who will offer very good loan rates for individuals who wish to take out a student loan and pay that back in instalments.

Also of note is the Part-time Financial Aid Fund which is now available to part-time students so for anyone who is accepted onto the programme, this is also an option available to you. Full details are available at <https://www.ucc.ie/en/saf/>

Upon payment of the first half of the fee and acceptance onto the programme you will be registered as an official UCC student and receive an ID card.

### **What job opportunities arise from completing the course?**

Past students have used this qualification to redefine their work role within their place of employment or have used it as a significant addition to their CV to gain promotion or added leadership roles. Many of our past students have started their own coaching business, building it steadily over a period of time.

### **What can I study after the Diploma?**

Once you have completed the PG Cert in Personal and Management Coaching the most popular programmes students have gravitated towards have been the MSc in Personal and Management Coaching <https://www.ucc.ie/en/ace-mscpmc/>

### **What topics will I be studying?**

The aim of the PG Cert in Personal and Management Coaching is to provide you with an interesting and exciting grounding in the theory and practice of coaching. The main objectives of the course are to:

- Demonstrate a critical awareness of the role of relationship in the coaching conversation or intervention.

- Implement an integrated approach to Coaching drawing on appropriate approaches and coaching models such as Cognitive Behavioural Coaching, Solution Focused Coaching, Person Centred Coaching, Wellbeing Coaching, Systemic Coaching and Psychodynamic Coaching
- Evaluate the different types of Coaching interventions required within Business, Management and Personal Coaching
- Implement Coaching in the development of effective Leadership and within the process of managing change
- Practice cognitive behavioural coaching and understand the role of psychology in the coaching process
- Practice and integrate emotional intelligence in their coaching process through effective self-management, mindfulness and heighten personal and social awareness
- Employ coaching skills to build resilience and wellbeing in self and in others
- Demonstrate research skills and integrate evidence-based practise into the practical use of Coaching
- Draw on reflective practice as a means of learning and develop effective writing skills with the use of journal keeping
- Coach within ethical and professional boundaries following an established code of ethics and supervision.

These objectives are met through the delivery of eight modules as follows:

- AD6808: Coaching Structures and Competencies (10 credits)
- AD6003: Coaching Practicum (20 credits)
- AD6006: Cognitive Behavioural Coaching (5 credits)
- AD6016: Research Methodology and Reflective Analysis (5 credits)
- AP6049: Systemic Psychodynamic Coaching with Teams and Individuals (5 credits)
- AP6050: Business and Management Coaching for Leadership, Change and Organisational Development (5 credits)
- AP6056: Building Workplace Resilience in Self and Others (10 credits)

### **When will I have to attend lectures?**

You have a choice in how you wish to attend this programme. The content, learning objectives, lecturers etc are identical in both.

(a) Fully online. The entire programme is delivered through online live lectures with the exception of just two class taking place face to face in UCC

Or

(b) Hybrid mix of face to face in UCC and live online lectures. Classes from the end of September to early December are face to face in UCC, then from early December to early March classes are live online. Finally from early March to May classes are back face to face in UCC

Classes are not recorded but all material, slides, handouts etc are made available to the student through our online resource platform called Canvas

**What is the course timetable?**

The programme timetable can be requested from Pat O'Leary; [p.oleary@ucc.ie](mailto:p.oleary@ucc.ie)

**Will I have to complete exams?**

There are no exams on this programme. All students follow a continuous assessment process. On average, after each module, a 2,500 word assignment is required. Each student must complete 45 hours of coaching outside of class

**Who teaches the course?**

Pat O'Leary, Dr Sebastian Green, Dr. Celine Mullins, Dearbhail O'Callaghan deliver most of the material on this programme as well as a number of guest lecturers who are experts in the field of coaching. While there is a strong academic input in the programme, there is also a significant emphasis on the skills of coaching and on the experience of practitioners who coach in a variety of organisational settings