

Level 7 Award in Strategic Approaches to Mental Health and Wellbeing

Location	Online
Course Type	University level
Department	Leadership and Management
Start Date	Tuesday 15th September 2026
Duration	Part-time, 12 Weeks
Time	00:00:00 - 00:00:00
Fee	£ 695.00
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.

Centres are required to ensure that Learners admitted to the programme have sufficient capability at the right level to undertake the learning and assessment.

CMI Centres must ensure Learners are recruited with integrity onto appropriate qualifications that will:

- meet their needs
- enable and facilitate learning and achievement
- enable progression

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

Learners will be contact by course tutor and a formal assessment of the professional will be reviewed

What You Will Learn

- 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

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

CMI Level 3 Qualification in First Line Management.

Career Options

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

Principles, skills and impact of coaching and mentoring
Coaching and mentoring for individual and team needs

Contact Details

For further information please email HEenquiries@tcg.ac.uk

Disclaimer

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.