

Guide to Mind Mastery Qualifications

	Qualification equiv	Coaching Hours Required outside of the programme	Number of written assignments required	Other requirements	Time allowed to complete coaching hours & assignments
Mind Mastery Foundation INLPTA NLP Diploma		0	0	None	N/A
Mind Mastery Foundation ILM Level 3 Certificate in Coaching	A level BTEC level 3 NVQ level 3	36	3 x 2500 word assignments	None	1 year
Mind Mastery Practitioner INLPTA NLP Practitioner	NVQ at level 4	0	0	NLP content written integration	1 year
Mind Mastery Practitioner ILM Level 5 Certificate in Coaching	2nd yr of under graduate degree BTEC professional Certificate	0 (all covered on the programme)	1 x 4000 and 2 x 2500 word assignments	None	1 year
Mind Mastery Practitioner ILM Level 5 Diploma in Coaching	2nd yr of under graduate degree BTEC professional Diploma	81 (100 required, 19 hours on the programme)	1 x 4000 and 2 x 2500 word assignments	None	1 year



Guide to Mind Mastery Qualifications

- For Mind Mastery Foundation, all delegates will complete the NLP Diploma, the ILM Level 3 Certificate in Coaching is optional.
- For Mind Mastery Practitioner, all delegates will complete the NLP Practitioner Certification. The ILM qualifications are optional and delegates should choose either the Level 5 Certificate OR Level 5 Diploma when they register for the programme.
- There are no additional costs for completing the full suite of qualifications offered on your programme
- Some Coaching supervision is included as part of your programme, we can provide a signed log for you if required for your association or organisation
- Support from the Monkey Puzzle Team is available for up to 1 year after the completion of the formal part of the programme to assist you in completing all the required elements



Guide to Mind Mastery Qualifications - Assignments for the ILM Qualifications

You will receive full details about the assignments required at the beginning of the programme, the content knowledge you need will be taught during the training, you will also have access to the ILM's suite of online resources to help you with your assignments. You may decide to undertake some additional reading on your specific area of interest but this is not mandatory.

ILM Level 3 Certificate in Coaching

- Understanding good practice in coaching - 2500 words demonstrating your understanding of the context and process of coaching
- Undertaking an extended period of coaching -2500 word reflective write up of 36 hours of coaching
- Reflecting on your own coaching skills - 2500 word reflective write up of your own skills, process, strengths, weakness and opportunities

ILM Level 5 Certificate or Diploma in Coaching & Mentoring

- Understanding the skills, principles and practice of effective coaching and mentoring - 4500 words
- Undertaking a period of coaching -2500 word reflective write up of coaching (12 hours for Certificate; 36 hours for the Diploma)
- Reviewing own ability as a Coach or Mentor - 2500 word reflective write up of your own skills, process, strengths, weakness and opportunities

