



## Relationship Coach Training and Accreditation ©March 2014

To achieve Relationship Coach accreditation you are invited to demonstrate that you can guide and support people who are looking to improve the quality of their relationships. This is mainly aimed at couples but the work is also relevant to relationships with children, family, friends and work colleagues.

The Dovetail Relationship Coach accreditation invites you to demonstrate, in addition, that you are able to develop and work with a network of other professionals in your locality to support people through separation or divorce and that you understand the divorce process and the various routes to divorce.

Absolute Specialists Relationship Coach Accreditation will be awarded when you show that you can:

- Help your client to gain clarity on their relationship. This might mean recognising the part they have played in creating it and being clear that they are willing to work to change it or that they no longer want to do this.
- When needed teach your client techniques that will support them to :
  1. Remain calm and 'adult' in stressful situations
  2. Feel empowered, clear and able to express wants and needs effectively
  3. Respect the wants and needs of others
  4. Empower others
  5. Accept that a relationship has ended in its current form
- Work as part of a team and maintain good relationships with other professionals who will form your client support network
- Recognise and share with your client when they would be best supported by another professional and refer them on in a timely way.
- Have insurance, professional membership and a licence to practice the tools you will need in the role of relationship coach
- Commit to CPD and regular person-centred supervision
- Abide by Absolute specialist's ethics and code of conduct

Dovetail accreditation requires in addition that you:

- Understand the different routes to divorce, are able to explain to your client the options open to them and suggest the route that might be best in their particular case.

To support you in your work towards accreditation – which is expected to take a year - you will be invited to attend a two day workshop. The programme for the workshop which was held in January 2014 is attached to give you an idea of the possible format for future workshops. Three further training sessions will be offered throughout the year where you can discuss your role, get ideas on how to manage difficult cases, create joint initiatives and offer peer support to each other. There will also be a closed LinkedIn group so you can remain in contact with other trained and training coaches.

Once you feel ready you will be invited to meet with an Absolute Specialists moderator who will discuss with you your suitability for accreditation and your CPD programme for the coming year.

The fee for Relationship coach training is £240 and this will include the workshops and teleseminars, a face to face meeting with the moderator and telephone support. Once accredited there will be an annual fee of £100 (subject to review) which will cover an annual review meeting, presence on the website and attendance at workshops.

## **Dovetail Relationship Coach Training.**

### **Day 1 – The role-** Open to training and accredited relationship coaches

10.00 Arrive and coffee, Introductions

10.15 The routes to divorce, overview

11.45 Discussion and reflection: The role of the relationship coach – what does it entail?

1-2 Lunch

2-3 Discussion and reflection: The skills needed to perform the role.

3-4 Accreditation and regulation - information and opportunity for questions

### **Day 2: Introducing the Relationship Coach** open to family lawyers and coaches

10.00 Arrive and coffee

10.15 Introductions

10.20 Exercise 1. 30 minutes: Where do we stand at the moment? Exploring how lawyers and relationship coaches have worked together up until now

11.15 Grab a coffee and come back together.

11.20 Exercise 2 What does a divorce coach do? Brainstorming exercise followed by discussion

12.00 Lunch

1.00 Recap on the support the divorce coach can offer.

Exercise 3: What can you say with conviction about the services of a relationship coach. Role play

2.15 Come back together and feedback (captured on a flip chart) observations and learning.

2.30 Open discussion and questions from coaches to lawyers and vice versa.

3.00 Recap by CW on the role of the coach and how to recommend one to a client with conviction.