

Eight Academy Prospectus

Find out more about our corporate
workshops & training programs

www.eightacademy.co.uk

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Welcome

Welcome to your course prospectus! I am thrilled to have you joining me on this transformative learning journey. We have a range of courses and training programs to suit your individual, team, and business requirements. In addition to having the know how to help you build and design your own learning requirements.

I am well versed in training design, delivery and evaluation. Having completed my own degree in Psychology, Masters in Occupational Psychology, Masters in Human Resource Management, Doctorate level Chartership in Occupational Psychology, Diploma in Cognitive Behavioural Hypnotherapy, Mindfulness Teacher Training, Certificate in Business Strategy, Mental Health First Aider Certificate, Trainer the Trainer Qualification, Coaching Training, NLP diploma, Practitioner, Master Practitioner and Trainer Certification and more!

In addition I have also lectured at the University of Hertfordshire, where I designed and co-designed modules for the Business School.

I love learning and everything I do has the evidence base, learners experience and lasting behavioural change at the heart of it. I am so excited to have the opportunity to work with you!



Sarah Makinde
Founder

Eight Academy

Vision

Our vision is to create a world where learners are empowered, confident, and leading impactful lives. We envision a future where everyone is equipped with the skills, knowledge, and support to thrive in every aspect of their personal and professional journeys.

Through our coaching and training programs, we aspire to inspire others to step into their true potential, break through limitations, and embrace their authentic selves.

In this future that we envision, people are empowered with the tools and strategies to overcome obstacles, navigate challenges, and embrace opportunities. We believe that when people thrive, they not only uplift themselves but also create a ripple effect, positively impacting their families, communities, and society as a whole.

Mission

Our mission is to empower learners by providing transformative coaching and certified training programs that unlock their full potential in their businesses and in their personal lives. We believe that every person has unique strengths, talents, and aspirations, and our purpose is to guide and support them in realising their dreams.

Through our coaching and training services, we are committed to creating a safe, inclusive, and supportive environment where people can explore their passions, embrace their authenticity, and unleash their limitless potential.

Our Values

Freedom

This encompasses the belief that it is important to give people the autonomy, flexibility, and independence to make decisions, take risks, and express their unique perspectives. It is a fundamental principle that encourages empowerment, creativity, and personal growth. We want everyone to explore innovative ideas, challenge the status quo, and contribute in their own authentic ways. Simply put, this is about being more yourself!

Credibility

The value of credibility centers around building and maintaining a reputation for trustworthiness, reliability, and integrity. It reflects our commitment to conduct business ethically, delivering on promises, and consistently demonstrating competence and expertise. We feel this establishes a solid foundation for strong relationships with everyone we connect with.

Alignment

We are passionate about being in tune with ourselves and also understanding and acknowledging the thoughts and feelings of other people around us. When we bring this awareness into everything we do it helps us make meaningful connections with everyone, while also enabling more inclusive and informed decision making.

Option 1: Accredited Advanced Coaching Training & NLP Diploma (12 weeks duration)

Module 1: Ethical coaching for transformational growth

In your first module you can expect to explore more about what ethical coaching is and what it isn't. You will also find out more about your membership with the Association for Coaching (AC) and Association for ANLP. You will have a thorough introduction to the training, your online portal and how it all works. This module will give you a great insight into the roles we play as a coach and coachee and how to maximise your role as a coach to help facilitate transformational growth. You will get access to your multiple choice quizzes, as we start to introduce you to the assessments and all the support available.

Module 2: The path to success: navigating coaching goals to achieve success (part 1)

During your second week you will start to explore the path to successful coaching and how to navigate goals to achieve success. You will be introduced to a number of coaching approaches and get to explore the various aspects of effective goal setting and questioning techniques. This module will help prepare you for working with coaches in various different contexts.

Module 3: The path to success: navigating coaching goals to achieve success (part 2)

This is an exciting week where we will be mastering the coaching mindset and looking at how you can cultivate trust through coaching excellence. You will be introduced to the world of neuroplasticity and start to develop a higher level of self awareness, understanding individual differences of coaches and coachees and how this links to values and beliefs, which ultimately drive behaviour and results.

Module 4: From insight to impact: integrating self awareness and emotional intelligence

This week you can expect to learn how to integrate self awareness and emotional intelligence to move from insight to impact with your caochees. Learn how to manage your own emotions and be aware of your client's. We will be exploring more around mindful coaching and the impact this can have on your coaching sessions.

Module 5: Building rapport for authentic coaching

This week will be very NLP based, where we will be looking at what NLP is and what it isn't. How you can leverage the power of NLP to add so much value to your coaching sessions, your confidence and your coachee's results. Learn how to establish higher levels of rapport and better understand what is going on with your clients. Learn how to challenge your clients appropriately and build a safe environment to create deep and meaningful change.

Module 6: Transforming coaching with creative and powerful communication

Here's where we start to build on our coaching communication toolkit and explore working with the conscious and subconscious. You can expect to find out more about NLP and the power of language. This is the difference that makes the difference.

Module 7: Leveraging language for impactful coaching outcomes

This week we will be diving even deeper into NLP and the use of language. We will be exploring different patters and detecting internal conflict using verbal and non verbal cues. Get ready to be wowed by the power of NLP. You will have lots of opportunity to practice and reflect on your learnings throughout each of the modules.

Module 8: Seeing the unseen: awareness and perspectives in coaching

During this week we will be looking in more detail at the various perspectives in coaching relationships and how we can add value to the client and their journey through seeing the unseen, bringing a greater level of awareness to coaching conversations.

Module 9: Designing coaching success through the power of flexible frameworks

Here's where we get to explore more coaching models and learn how to use them flexibly with the client to help them achieve their personal and professional goals. You will be introduced to a number of models during this session where you can put them to the test as part of your coaching practice.

Module 10: Empowering and nurturing the genius within

This week you will be introduced to the power of positive psychology and strengths coaching. Find out how we can help the client think creatively about their challenges and goals as we explore various different models and approaches to coaching and creative thinking.

Module 11: Cultivating coaching excellence: strategies for organisational success (part 1)

This week will be our part 1 of cultivating coaching excellence through strategies for organisational success. Regardless of whether or not you want to be an executive coach or a life coach, this module will give you so much insight into how you can work with people in a work context, giving them more balance and more understanding of how to navigate to their goal.

Module 12: Cultivating coaching excellence: strategies for organisational success (part 2)

Here's where we revisit the world of NLP again, but this time in a business context. We will also explore how we can use coaching to increase performance and how this fits into a team and organisational context. This module will conclude the course, so we will also be looking ahead at what happens next and how to complete any outstanding assessments with any support needed.

Option 2: CPD Certified Manager & Leader Workplace Coaching (3-6 weeks duration)

This course will be CPD certified and will give your managers and leaders the following knowledge, skills and abilities:

- Awareness of their existing management or leadership styles
- Better understanding of what it means to be a coach in the workplace
- Awareness of different coaching approaches including mindful coaching and coaching for performance
- Skills to handle challenging conversations and conflict in the workplace
- Awareness of individual differences and how this can influence the coaching relationship
- Practical tools, tips and techniques to coach effectively
- Awareness of ethical coaching practices
- Lots of opportunities to practice, implement and reflect



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Option 3: A range of workshops, courses and programs designed to support with the following:

- Understanding emotional intelligence and how to leverage this in the workplace to build trust, increase engagement and drive results
- Building high performing teams and understanding what it takes to create cohesive team working
- Effective presentation skills . This goes far beyond the content of a presentation. This is all about how to manage your state, calm those nerves and become more confident in presenting
- Boosting confidence. Learns the tools, techniques and strategies to learn how you can not just appear more confident, but feel more confident in every situation!

Option 4: Bespoke learning solutions

I work with you to better understand the learning needs to design a workshop, course or program to bridge the gaps. I will also create a train the trainer, or deliver the training in person or online if required.



Our Policies

We are passionate about creating an ethical and inclusive business. This is reflected in our policies and procedures. The following policies are examples of just some of our policies that are available on our website, please click the links to access them directly:

[Health and Safety](#)

[Equal Opportunities and Diversity](#)

[Reasonable Adjustments](#)

[Learner Identify Checks & Assessments](#)

[General Data Protection](#)

[Appeals & Complaints](#)

[Conflict of Interest](#)

Contact me to find out more:

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