UNSSC learning programmes enable participants to explore challenges, relationships and tools, as well as good leadership and management practices. Coaching helps participants gain insights that enable them to be more effective in attaining their goals or in shaping their vision.

Introduction

The coaching package for UNSSC alumni offers the opportunity to continue the coaching participants started while attending one of our programmes. Or, if alumni attended a programme with no coaching, the coaching package is an opportunity to venture along a brand-new coaching journey.

Coaching is a learning process: it changes the way we observe ourselves and others or engage in a specific situation. We work on ourselves together with the coach.

Objectives

- Define gaps you want to address
- Explore your resources and barriers
- Develop actions
- Come to your own conclusions on your areas of development
Course methodology

Our coaching services are delivered by highly experienced and accredited coaches who are associated with our programmes. Participants benefit from tailored one-on-one coaching sessions, to identify meaningful learning while working to reach their goals and vision.

If you have already worked with one of our coaches in a previous programme, you can request to work with the same one. If this is your first coaching experience, we will contact you after your enrolment has been approved in order to pair you with one of our coaches, according to your specific needs.

You can choose between these two coaching packages for UNSSC Alumni:

- 180 minutes of coaching (3 sessions of 1 hour each)
- 300 minutes of coaching (5 sessions of 1 hour each)

The coaching is completely individualized for you and confidential and will be delivered online (Skype, Zoom, telephone, etc.).

Course contents

Please be aware of our coaching policy on scheduling and cancellation:

Scheduling

- It is the responsibility of the coaches to reach out to their coachee to schedule coaching sessions.
- Coaches are expected to make a minimum of three attempts in writing to communicate with the coachee to schedule the session.
- If the coach does not succeed in scheduling the session, UNSSC will make contact with the coachee, advising of the deadline for scheduling the session in order to avoid forfeiting a session.
- If the above efforts do not result in a coaching session being scheduled and undertaken within the agreed time frame, the coachee will forfeit a coaching session. If coaching sessions of differing lengths of time are planned as part of the programme, the session of lesser time that has yet to take place will be forfeited.

Cancellation

- Coachees are allowed a maximum of two cancellations per coaching session.
- Coachees must give their assigned coach 24 hour cancellation notice prior to their scheduled session.
- In the event that participants have exhausted the allowance of re-scheduling their sessions, or they no-show or cancel their session with less than 24 hours’ notice, the coachee will forfeit a session.
- Exceptional circumstances will be dealt with on a case by case basis, in consultation in the coach and coachee.

Target audience

This activity is specifically targeted to alumni who attended one or more of our programmes (online, blended or face-to-face). Alumni at all levels are welcome.

In order for us to better tailor the coaching to your needs, kindly reply to these questions in the "Motivation" field when you enrol online:

- Have you ever been coached before?
- If you have been coached before as part of one of our programmes, would you like to be assigned the same coach?
- What is your preferred language for coaching?
- Please state the preferred time zone for the coaching.

Cost of participation

The activity fee is $900 for the 180 minute-package.