



Guidance on the role of a Buddy

Who is your Buddy?

You will pair up with your Buddy during module 1 of Coaching Mastery. You may well build a deeper relationship with your Buddy than you do with the rest of the group as you offer each other support and challenge outside of the scheduled modules.

Someone you can get to know and be an advocate for their success as a coach.

What is the role of a Buddy?

To support each other to implement the learning from Coaching Mastery; be a coach to each other; and to encourage your Buddy to complete all the tasks, challenges, C.P.D., coaching hours, portfolio and applications of coaching suggested on the course.

To share learning from your reflective learning journals and to monitor each other on the implementation of your action plans. You can practice what you learn on the course by coaching each other. You can also video each other as coach and use this medium to really explore how you are working and developing as a coach.

The idea is that your success is linked to their success – you are both responsible for each other successfully applying coaching approaches and integrating the learning from Coaching Mastery. You both need to “get over the finishing line together.”

Buddies agree with each other when to meet up, check in and have coaching conversations with each other. We ask that you have at least one meet up in-between the modules of Coaching Mastery. The relationships that really take-off to get the learning and requirements “in the bones” find themselves engaging with each other a number of times in-between modules.

The Buddy role is to encourage, challenge and help develop each other. The role is bounded by confidentiality and built on mutual trust.

