

Community Coaching Hubs

Each of our community coaching hubs is set up to reflect the context in which it will operate. But to take a typical example for a community-based project this would comprise:

- 1 life coach
- 4 peer coaches

People who access the home-project (such as a parenting group or foodbank) are offered the opportunity to engage with free-at-the point of contact life coaching. They are allocated a peer coach if the primary aspect is going to be listening to the coachee over a more sustained period (more than 6 appointments). If there was a specific / complex issue they would be seen by the life coach for up to 6 appointments.

The ratio of peer to life coaches is based on our experience that many people in the community benefit from having a listening ear. The differences in terms of the roles include:

Life Coach

Trained using our [Level 5 Accredited Award in Community-Based Life Coaching](#) which includes two units; [PC101: Peer Coaching](#) which explores the basic coaching tools, and [LC201: Life Coaching](#), which builds on this with a variety of coaching models and an exploration of human and social capital. This costs **£359 per person**.

Peer Coaches

Trained with the single unit [PC101: Peer Coaching](#) which explores the basic coaching tools. However, as our training is modular, a peer coach could undertake [LC201: Life Coaching](#) at a later stage to upgrade to the [Level 5 Accredited Award in Community-Based Life Coaching](#). The cost of training someone in a single module is **£199 per person**.

Supervision

We offer both hub life and peer coaches a bi-monthly support and development group and quarterly 1-2-1 coaching supervision. This is designed to complement their own organisational supervision with a focus on coaching practice rather than organisational priorities.

Professional / Trainee / Volunteer

One of the aspects of our two-fold approach to the coach training is that you may wish to see the life coach as a member of your own staff and the peer

coach as a volunteer / student. This can provide a career path for the volunteer and organisational control over the work of the life coach.

Training time

Each unit requires 11 hours of face-to-face learning time, and we suggest allowing 19 hours of guided study time. If being delivered in-house a unit can ideally be delivered over two-half-days.

Professional registration

Coaching is not a regulated term / industry in the UK, however, as part of the [Level 5 Accredited Award in Community-Based Life Coaching](#) we do register our trainee's as Student Members of the [Association for Coaching](#) as we are committed to the professionalisation of life coaching as an industry. This may be something which you may wish to pursue.

Opportunity for ongoing coach development

For those who have graduated from our [Level 5 Accredited Award in Community-Based Life Coaching](#) we offer the opportunity to complete between two and three further units to allow them to gain a [Certificate in Personal Coaching](#). The cost for this starts at **£389 per person**.

Example cost

So, using the example of a hub being established with 1 life coach and 4 peer coaches the cost would be:

Initial training cost:	£1,155
Supervision cost (1 year):	£1,600
Total year 1 cost for 1 hub:	£2,755

(Ongoing cost if no further training of coaches was required would be £1,600 per annum). This would exclude any of the hosts own organisational costs such as insurance, venues etc.

Replication

This hub model allows for hubs to be established in different locations and for the hub staff / volunteers to either be permanently located in one location, or to swap locations to gain experiences with different coachee groups who might be specific to that host project.