

**INSTITUTE OF LEADERSHIP AND MANAGEMENT**  
**LEVEL 5 CERTIFICATE IN LEADERSHIP**

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**What does the content include?**

Leadership and motivational theories and styles – how to get the best out of yourself and staff  
Using your sphere of influence to communicate and achieve organisational values and goals  
Participating in and facilitating action learning sets to problem solve and develop  
Emotional intelligence, improving awareness of self and others and increasing effectiveness  
Empowerment, emotional resilience, sustaining yourself and growing in a leadership role

**What is entailed?**

Participation in 5 learning days, 4 action learning sets and at least 2 tutorials, and completing 2 assignments which are set in 5 parts and applying learning in the workplace.

**How much time does it take?**

It usually runs over 12 months and requires participants to set aside a few hours every week to attend scheduled events and keep on top of course work. It is expected that a personal journal will be kept tracking progress and reflections as a leader through the programme.

**Who runs it?**

It is delivered by Christine Laverock, an experienced independent trainer, group facilitator, coach and mentor based in Woodbridge, Suffolk. Christine works alongside lots of local organisations, has been Chair of Suffolk Police Authority, a schools' inspector with OFSTED, worked in education for the London Borough of Haringey, and was a trainer for Barclays Bank plc.

**Who's it for?**

It is aimed at middle managers, those aspiring to a middle management position or managing their own business and/or project. It is suitable for those in the public, voluntary and private sectors.

**Where does it take place?**

Learning days, action learning sets and tutorials usually take place in Ipswich, Suffolk or in clients' workplaces.

**What's it like?**

The programme is challenging and varied to accommodate all learning styles. Action learning sets and tutorials are usually the most popular parts of the programme when participants can raise issues in complete confidence relevant to their particular situation.

**What's the outcome?**

A nationally recognised qualification. Most participants report significant growth both personally and professionally.

**What does it cost?**

£1595 (for programmes which commence in 2018) – this covers attendance at all learning days, action learning sets, 1:1 tutorials and individual support with assignments, a comprehensive training manual, lunch and refreshments, registration and certification and one year's studying membership with the ILM.

**What has been said about the programme?**

*The programme is well thought through and well paced allowing sufficient time for learning, application and assignments. The quality of the trainer is key to the success of this course. Christine has been a very good tutor; she demonstrated effective leadership and has been supportive throughout the programme.*