

# CONTINUE & BEGIN | ONLINE

Fast Coaching®

Public Service Edition

**CPD Accredited coaching course.  
Great results, across all teams using existing resources.**



The CPD Standards Office  
CPD Provider No: 1000  
1000-1000  
[www.cpdstandards.com](http://www.cpdstandards.com)

# CONTINUE & BEGIN | ONLINE

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Continue & Begin Fast Coaching® is used by many organisations every day, across the world. Its success lies in its positivity and speed of application. Continue & Begin Fast Coaching® drives up performance, quickly.

Through Continue & Begin® Online, people can learn to use this powerful approach and achieve great results even faster.

## Impacts of Continue & Begin Fast Coaching®

1. Embeds the consistent delivery of brand or operational standards.
2. Develops new behaviours through the application of new learning.
3. Turns new behaviours into habitual behaviours.
4. Maximises return on investment in training by increasing speed of application and sustainability.
5. Promotes employees' and line managers' ownership of goals and performance standards.
6. Encourages positive attitudes among employees – towards their work and themselves.
7. Contributes to effective onboarding and employee retention
8. Is fast, efficient and sustainable.





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& BEGIN** | **ONLINE**  
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*“Continue & Begin® is one of those training courses where you realise its potential usefulness almost straight away. I have been using the techniques since day one and have been recommending it to anyone who will listen.”*

Personal Budgets Officer

**Southern Housing Group**

*“I have found Continue & Begin® useful for both customers and staff I line-manage. It has helped me a lot with supporting people to achieve their aspirations and overcome day to day struggles.”*

Senior Support Worker

**Senior Support Worker**

*“Continue & Begin® does what it says on the tin... an inspirational introduction to positive coaching and getting the best from people whatever the problem”.*

Family Support Team Leader

## Continue & Begin® Online Modules



### Module 1

#### Why Coaching Helps Drive Great Experiences for Team Members and Service Users

Explains why coaching isn't training and the benefits of coaching.

15 minutes



### Module 2

#### Continue & Begin Fast Coaching®

Explains the 3 chunks and 7 steps of Continue & Begin Fast Coaching® and applies it to a work environment.

25 minutes

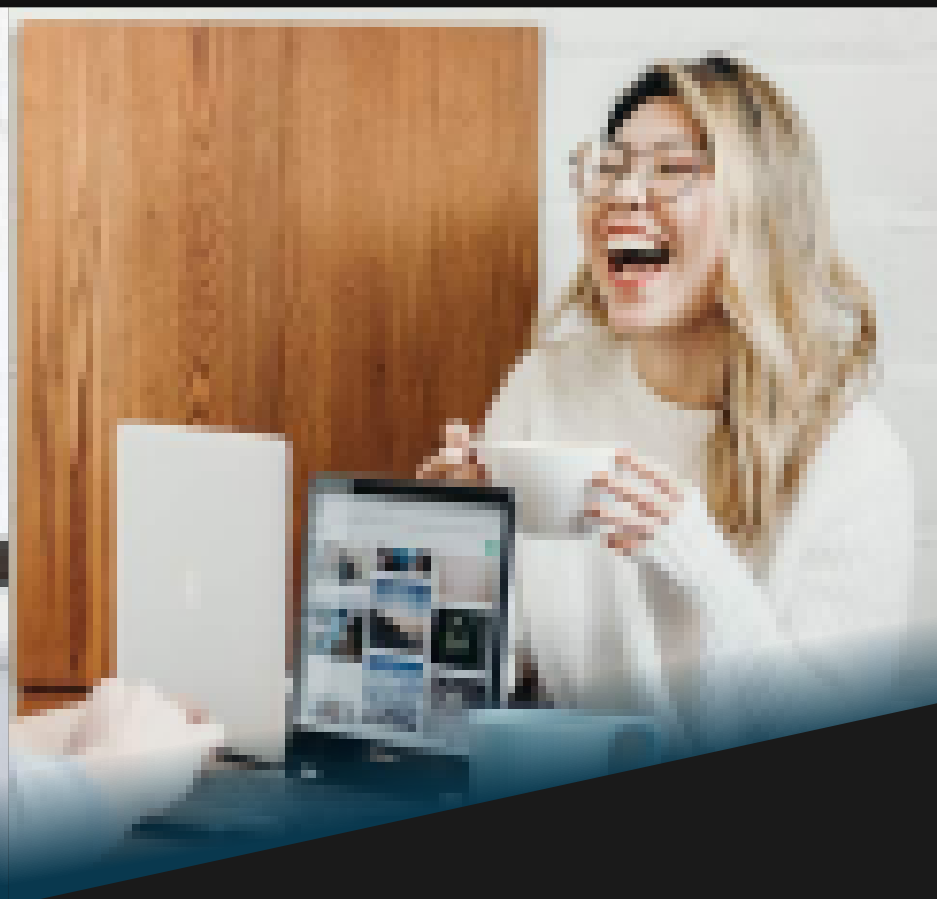


### Module 3

#### Continue & Begin Fast Coaching® Techniques

Techniques to master Continue & Begin Fast Coaching®.

15 minutes + offline activities



### Module 4

#### Continue & Begin Fast Coaching® Practice Scenarios

Practise your new skills by selecting the best questions to work your way through realistic Continue & Begin Fast Coaching® conversations.

15 - 25 minutes



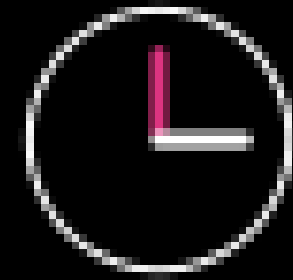
### Module 5

#### Continue & Begin Fast Coaching® Assessment

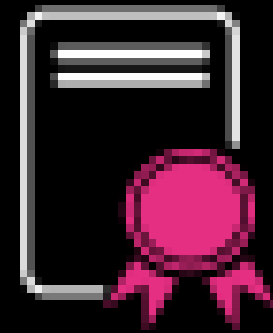
Build your own confidence by completing the assessment and reflecting on your learning.

25 minutes

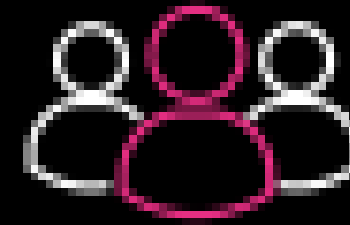
## Course Overview



Time to complete: 2 hours



Course access: 1 year



Audience: Suitable for Managers, Supervisors and anyone responsible for supporting others



Assessment: Final test and certificate included



2 CPD Hours

## Technical Specification

### Format

SCORM 1.2 standard learning modules

## Hosting Environment

Our learning platform is optimised for the following browsers:

Edge

Chrome

Firefox

Safari

## Learner Environment

Responsive content may be viewed on:

Desktop

Laptop

Mobile and Tablet devices

\*If you are looking to host these courses on your own LMS, just let us know and we will package them up and send them across.

# Frequently Asked Questions

## What is the evidence that Continue & Begin® Online really works?

Continue & Begin® is all about the specific performance goals that you are seeking to achieve. The Continue & Begin® methodology is based on well established and researched principles. Organisations that have used it report many successes in a wide variety of areas. Continue & Begin® Online provides a faster and future-proofed way to benefit from this approach, reaching more people in less time.

## How long will it take to get people trained?

In total, the actual course will take no more than two hours to complete; many people will do it in less than this. All coaches benefit from practising and there's no time limit on how long you might spend on this; most coaches will feel confident and competent after they've finished the course, passed the short assessment and practised a couple of times.

Completing this course counts as 2 CPD credits towards annual CPD requirements.

## Can we come back and use the materials again after we've completed the training?

Yes. As long as you hold a licence to use Continue & Begin® Online you can use the modules and materials as often as you wish.

## How many people can I get trained in Continue & Begin® Online?

As many as you need to – there is no limit to the number of licences you can purchase.

## How is Continue & Begin® Online different to other coaching methods?

Continue & Begin® is designed to work rapidly; Continue & Begin® Online is even quicker because you can start training as soon as you have a licence. A very important feature is that it makes an organisation self-sufficient.

## What's in a Continue & Begin® Online session?

The online course takes you through how coaching can help performance, what you need to be a great coach and how to use the Continue & Begin® model. It includes lots of practice sessions where you can make sure you are confident to coach others before you use it for real.

## Can Continue & Begin® Online incorporate scenarios specific to an organisation or sector?

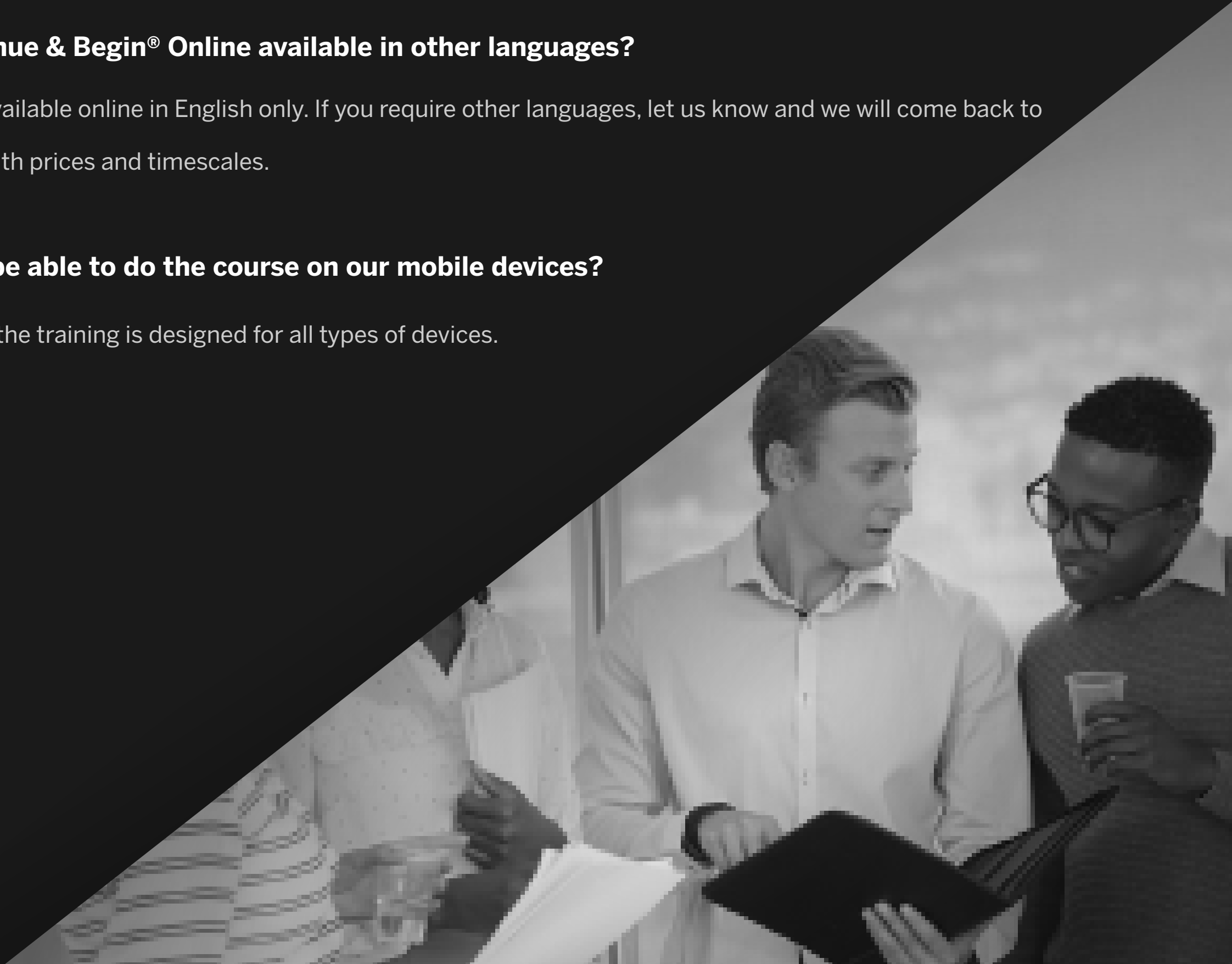
We are able to customise Continue & Begin® Online, lets us know your requirements and we will come back to you with prices and timescales.

## Is Continue & Begin® Online available in other languages?

It is available online in English only. If you require other languages, let us know and we will come back to you with prices and timescales.

## Will we be able to do the course on our mobile devices?

Yes – the training is designed for all types of devices.







## Prices

Number of Licences	Price per Licence (Ex. VAT)	
1-49	£95	
50-249	£85	10% saving*
250-499	£75	21% saving*
500+	£55	42% saving*

\*Displayed pricing represents a 10% or more saving per licence compared to the price of the first tier of 1-49 licences at £95.

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onlinelearning

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