



University
of Exeter

Cedar Create

Foundation in Coaching Practice

Providing psychologically informed training for future coaches.

Welcome to Cedar

Cedar is a Centre of Excellence for Clinically Applied Psychological Practice. We are one of the largest providers of training in evidence-based psychological practice and therapies in the UK. We offer a wide-ranging portfolio from CPD, Professional training Programmes (Undergraduate up to Masters level programmes), through to post qualification and advanced practice courses.

Course Details

This CPD course is suitable for those interested in gaining a qualification in coaching who are working in settings where they may wish to use coaching skills, or who are keen to develop as coaches in the future.

If you are interested in this course please complete this [expression of interest form](#).

The course will consist of:

- 3 full days of teaching around core skills: **09/06/2026 ; 10/06/2026 ; 29/07/2026**
- Teaching can be taken separately from supervision and assessment. **Cost £600.**
- 3 hours of group supervision split over two sessions: **30/06/2026 or 01/07/2026 ; 22/07/2026.**
Additional cost £200.
- An optional assessment of your coaching log and essay for a foundation practice certificate. We aim to accredit with a coaching body at foundation level. To be submitted on **1/09/2026.**
Additional cost £300.

Course Topics

- An overview of coaching, including coaching theory and skills practice in a supported context.
- Training in the coaching process including contracting, use of supervision, and evaluation of coaching outcomes
- An opportunity to engage your first coaching client in supervised practice by experienced coaching psychologists.
- Training in the professional development and accreditation of coaches.
- Core areas needed to practice as a coach including coaching questions, process, solution focused approaches, and approaches gathered from cognitive behavioural coaching and motivational interviewing.

Course Aims

- To provide a foundation in coaching skills for people who are interested in offering coaching at work (e.g. as managers or supervisors), or to offer a foundation for those wishing to continue to develop and become practitioner coaches with further training and supervised hours.
- To be psychological and evidence-base centred in the training provided
- To provide high quality training that will prepare people to engage in more in-depth coaching training in the future.

Course Eligibility

To enrol on this CPD course you must:

- Have an interest in coaching, and in particular developing evidence-based coaching skills
- Be interested in psychology and coaching.
- Have a background in a relevant working area such as wellbeing, human resources, management or supervision, or another people-based area.

Introducing your trainer

Cordet Smart is an experienced trainer in communication, leadership, healthcare, and teamwork. She is a Level 8 British Psychological Society Chartered Coaching Psychologist, an ILM Level 7 Executive Coach, holds both a PhD in Influence and Persuasion in organisations, and an MSc in Organisational Psychology (Stage 1 BPS). She has been coaching for over 15 years including working with teams, and senior and developing leaders.

Cordet has contributed to multiple national and local team development initiatives, including supporting the national introduction of digital consultation in primary care and coaching teams and individuals working in complex systems. She co-led Project5 (www.project5.org), a not-for-profit organisation leading over 1,000 coaches to provide coaching to prevent burnout in NHS staff over 3 years during the COVID-19 pandemic. Cordet has extensive experience in doctoral-level training and supervision across psychology, healthcare, and psychotherapy. She is the developer of MIRROR, an innovative team coaching approach grounded in discourse analysis, and led MDTsInAction, a four-year programme analysing real-world team interactions.

Contact Details

If you are interested in this course please complete this [expression of interest form](#) by **10/04/2026**.

If you have any questions about taking part, please contact: createprojects-cedar@exeter.ac.uk.