

EXECUTIVE FUNCTION COACH TRAINING LEVEL 1

Executive function coaching is a client/student-led approach to behaviour change. It helps individuals to develop self-awareness and to form new habits, enhancing their lives, and helping them become more successful at mastering the skills they need to flourish.

Backed by neuroscience and designed and facilitated by experienced psychologists, EF coaches and teachers, this online training provides you with a new executive function lens & the skills to provide bespoke executive function intervention or be integrated into an existing supportive practice.

Behavioural neuropsychology Coaching skills

3 step approach: Connect, Collaborate, Support



Who is this for?

The training is aimed at professionals already working with children, young people, or adults.

Ideal for coaches, teachers, tutors, mentors, therapists, life coaches, lecturers, HR, managers, and more - anyone who wants to be able to support neurodiversity in a kind, connected way.

[Click HERE to learn more.](#)

What does this course cover?

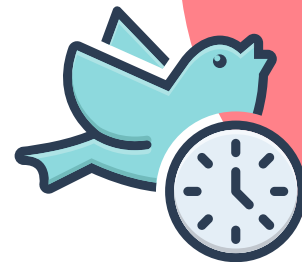
- An overview of basic neuroscience and neuroplasticity
- What executive functions skills are and how to communicate their impact
- How the pre-frontal cortex operates
- How emotional processing relates to executive function skills
- Basic coaching and motivational interviewing skills
- Evaluating how ready a client is to make changes
- How to support clients to develop executive functions skill goals
- Supporting clients to develop new habits and strategies
- Supporting clients to maintain progress
- How to capture impact and to support clients to evaluate their own progress
- The Connections in Mind Connect, Collaborate and Support model of coaching.
- **CLICK HERE FOR THE FULL SYLLABUS**

Catch the
Early Bird
special:

FROM
£1150

£930

*While stock
lasts



How is the training conducted?



Online sessions will consist of engaging discussions, group activities, skills practice sessions and opportunities to put questions to our experienced trainers. Alongside weekly training sessions, candidates will be provided with self-study videos and exercises to complete via our online platform, with a practical task of conducting a session with a real-life client.



FURTHER CIM TRAINING 2025/6

Join our community of Level 2 delegates who are also elevating their expertise through our top-tier training! We offer a variety of enhanced training packages to suit your context and needs.

Programmes	What you will gain	Training & Requirements	Cost (incl VAT)
<p>Level 2: Certified Executive Function Coach - Individual stream</p>	<p>Gain IEFCC Executive Function Coach Certification through our 1:1 experienced supervision support to enhance your practice and build competence & confidence.</p>	<p>Training & Development</p> <ul style="list-style-type: none"> Completion of IEFCC approved Level 1 coaching training in the last 2 years <p>Practice & Experience</p> <ul style="list-style-type: none"> Reflective log of a minimum of 50 hours of executive function coaching practice: detailing dates and times of sessions, standards practiced, and reflections on areas of strength and growth Minimum of 6 supervision sessions with a Level 3 or higher IEFCC-registered supervisor: group (maximum 8 participants) or 1:1 	<p>£1500pp</p> <ul style="list-style-type: none"> 6 x group supervision sessions* Unlimited Resources & CPD Peer support WhatsApp group access (including monthly peer support group sessions) Portfolio review IEFCC certification fee
<p>Level 2: Certified Executive Function Coach - Group stream</p>	<p>Gain IEFCC Executive Function Coach Certification and benefit from group supervision focused on set themes with a supervisor and other practitioners incorporating an EF practice in their work</p>	<p>Assessment Components (Portfolio)</p> <ul style="list-style-type: none"> Case study (2000 words) showcasing use of all IEFCC standards with one client Supervisor report and recommendation for certification <p>Feedback & Endorsement (Portfolio)</p> <ul style="list-style-type: none"> Two client testimonials 	<p>£996pp</p> <ul style="list-style-type: none"> 6 x group supervision sessions* Unlimited Resources & CPD Peer support WhatsApp group access (including monthly peer support group sessions) Portfolio review IEFCC certification fee
<p>Extra bolt-on group supervision</p>	<p>Keen to enhance your 1:1 supervision with the benefit of group supervision?</p>	<ul style="list-style-type: none"> 6 x group supervision sessions (as an addition to your individual level 2 accreditation) 	<p>£450pp 6 x group supervision sessions only</p>

*Additional supervision bundles may be purchased.

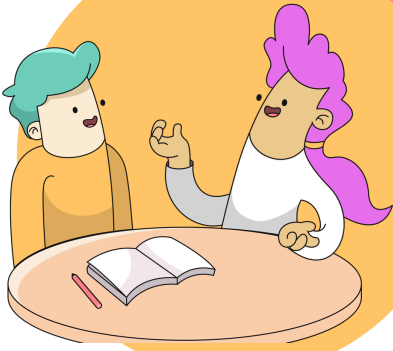


“Executive Functions were a light bulb moment for me. Everything I have learnt just makes sense. I now have the skills I need to really support my 1:1 students.”

Emma, Executive Function Coach Trainee,

Book in a free Q&A chat about Levels 2+





What is professional supervision?

Professional supervision is a structured process where you receive guidance and support from an experienced coach or supervisor. This relationship is designed to enhance your skills, provide valuable feedback, and ensure that you are delivering the highest quality of coaching to your clients. Supervision can take place in either a group setting or on an individual basis, each offering unique benefits.

We have options of 1:1 individual supervision, group supervision, as well as a combination of the two.



Benefits of 1:1 vs. Group supervision

1:1 Supervision

1. Personalised Attention:

Individual supervision allows for a more personalised approach, tailored to your specific needs, strengths, and areas for improvement.

2. Focused Feedback:

You receive direct, specific feedback on your coaching techniques, to help refine your practice and address any challenges.

3. Confidentiality:

A one-on-one setting provides a safe space to discuss sensitive issues or concerns that may arise in your coaching practice.

4. Customised Development Plans:

Your supervisor can help you develop a personalised plan to achieve your professional goals and enhance your coaching effectiveness.

Group Supervision

1. Diverse Perspectives:

Group supervision offers the opportunity to learn from the experiences and insights of your peers, enriching your understanding of various coaching approaches.

2. Peer Support:

Being part of a group provides a supportive community to share challenges, successes, and strategies.

3. Collaborative Learning:

Engaging in group discussions can stimulate new ideas, foster creativity, enhance problem-solving skills, and help develop an exciting network.

4. Broader Feedback:

Receiving feedback from multiple sources can provide a well-rounded perspective on your coaching practice, highlighting areas for growth you might not have considered.



When does supervision happen?

Max. 8 delegates per group

1:1 supervision programme

This programme is self-paced. Your supervision sessions with your supervisor take place at your own pace.

Group supervision programme

This programme contains supervision sessions on set dates & times - see next cohort below.

Summer 2026

MONDAYS: 5-6PM UK
WEDNESDAYS: 5-6PM UK

18 MAY 20 MAY	Setting goals using Coaching Skills	Use coaching skills to help students set SMART goals to serve their longer term objectives. 
01 JUN 03 JUN	Stages of Behaviour Change, Growth Mindset & Mental Contrasting	What to do with students who are resistant to help; how to develop a growth mindset, use motivational interviewing and mental contrasting to help build motivation.
15 JUN 17 JUN	Embedding strategies: Strategy sessions & REAP	Working with young people to create and hone bespoke strategies that meet their needs; make strategic use of tech tools.
29 JUN 01 JUL	Understanding the specific context of clients & differentiation	Helping students to focus on their building blocks of strong executive functioning and adapting sessions to their needs - both in planning and as needed within a session. 
13 JUL 15 JUL	Maintaining bounded relationships with clients, and other stakeholders	Focusing on the importance of the Connect stage and how to explain a lack of "measurable progress" towards goals to ourselves and other stakeholders.
27 JUL 29 JUL	Professional relationships, reflection & professional development	Making time for reflection, finding appropriate support outside of supervision, and reading around the topic for further support.



When does supervision happen?

Max. 8 delegates per group

1:1 supervision programme

This programme is self-paced. Your supervision sessions with your supervisor take place at your own pace.

Group supervision programme

This programme contains supervision sessions on set dates & times - see next cohort below.

Autumn 2026

TUESDAYS: 9-10AM UK
THURSDAYS: 5-6PM UK

29 SEP 01 OCT	Setting goals using Coaching Skills	Use coaching skills to help students set SMART goals to serve their longer term objectives. 
13 OCT 15 OCT	Stages of Behaviour Change, Growth Mindset & Mental Contrasting	What to do with students who are resistant to help; how to develop a growth mindset, use motivational interviewing and mental contrasting to help build motivation.
27 OCT 29 OCT	Embedding strategies: Strategy sessions & REAP	Working with young people to create and hone bespoke strategies that meet their needs; make strategic use of tech tools.
10 NOV 12 NOV	Understanding the specific context of clients & differentiation	Helping students to focus on their building blocks of strong executive functioning and adapting sessions to their needs - both in planning and as needed within a session. 
24 NOV 26 NOV	Maintaining bounded relationships with clients, and other stakeholders	Focusing on the importance of the Connect stage and how to explain a lack of "measurable progress" towards goals to ourselves and other stakeholders.
08 DEC 10 DEC	Professional relationships, reflection & professional development	Making time for reflection, finding appropriate support outside of supervision, and reading around the topic for further support.



Why combining Level 1 and 2 makes sense

Combining your Level 1 and 2 is the best way to not only receive continued support, but also to continue to grow and develop your coaching skillset in a controlled, well paced environment. In addition, we offer the 2 combined at a reduced rate that can be split out over months to make those payments manageable. As an added bonus, you will also receive our full Coaches and Therapists CPD subscription.

Have a look at our payment plan offerings table:

Option 1	Level 1 - Summer Cohort - Core or Enhanced Certificate	Level 1 - £1150 Payment plan over 3 months* £384 per month
Option 2	Level 1 - Summer Cohort - Core or Enhanced Certificate	Level 1 - £1150 Payment plan over 6 months* £192 per month
Option 3	Level 1 - Summer Cohort - School Professionals (working with children and adults)	Level 1 - £1150 Payment plan over 3 months* £384 per month
Option 4	Level 1 - Next avail. Cohort + Level 2 Group	Level 1 - £1150 Level 2 - £995 Combined discounted price - £1930 or Payment plan - £162 per month for 12 months
Option 5	Level 1 - Next avail. Cohort + Level 2 Individual Stream	Level 1 - £1150 Level 2 - £1500 Combined discounted price - £2390 or Payment plan - £200 per month for 12 months



*All rates are Inc. VAT

*Payment plan terms are dependant on proximity to start of training

Looking to train further?

Once you have completed Level 2, you can pursue Levels 3. Just as with Level 2, this is a self-paced programme where you would collect evidence of working with your clients, and meet with your allocated supervisor for guided support as you build your experience.



Programmes	What you will gain	Training & Requirements	Cost (incl VAT)
<p>Level 3: Certified Executive Function Coach Supervisor</p> 	<p>Forward your career as an IEFCC Certified EF Coach Supervisor, with 1:1 supervision & practical application opportunities.</p>	<p>Training & Development</p> <ul style="list-style-type: none"> • Completion of IEFCC-approved supervisor training (+-6 hours) • Minimum of 6 supervision sessions with a Level 4 IEFCC-registered supervisor: 1:1 only <p>Practice & Experience</p> <ul style="list-style-type: none"> • Minimum 100 hours of executive function coaching, including: <ul style="list-style-type: none"> ◦ 50 hours accumulated from Level 2 • At least 12 hours of supervision delivered (1:1 or in small groups), including 2 observed sessions <p>Assessment Components (Portfolio)</p> <ul style="list-style-type: none"> • Supervision case study (2,500 words) evidencing application of all Level 3 professional standards • Reflective supervision log covering 12 supervision sessions, detailing dates of sessions, standards practiced, and reflections on strengths and growth. • Level 4 observer's observation notes, detailing dates of sessions, standards observed at Level 3, and areas for development • Candidates reflections on observation notes, detailing how feedback will be incorporated into future practice. • Level 4 supervisor report and recommendation for certification <p>Feedback & Endorsement</p> <ul style="list-style-type: none"> • Three Testimonials(Portfolio): <ul style="list-style-type: none"> ◦ One from a current coaching client ◦ Two from coaches who have received supervision 	<p>£2460</p> <ul style="list-style-type: none"> • 6 x supervision sessions* • Unlimited Resources & CPD • Peer support WhatsApp group access (including monthly peer support group sessions) • IEFCC-approved supervisor training • 12 Hours of supervision experience • 2 supervision observations • Portfolio review • IEFCC certification fee

*Additional supervision bundles may be purchased.

*We will help to provide the conducted supervision hours

Looking to train even further?



Once you have completed Level 3, you can pursue Levels 4. Just as with Level 3, this is a self-paced programme where you would collect evidence of working with your clients, and meet with your allocated supervisor for guided support as you build your experience.

Programmes	What you will gain	Training & Requirements	Cost (incl VAT)
<p>Level 4: Certified Executive Function Coach Trainer</p> 	<p>Further forward your Career in Executive Functions - Gain the theoretical EF knowledge & practical application skills to confidently present training to individuals & organisations as an IEFCC Certified Coach Trainer.</p>	<p>Training & Development</p> <ul style="list-style-type: none"> Completion of the Level 4 Coach Trainer Programme, including: <ul style="list-style-type: none"> Advanced facilitation training (1 day) Observed co-delivery of a training session (with feedback) Reflection log of coaching/training hours Attendance at four Train-the-Trainer learning sessions (live or recorded, with written reflection) <p>Practice & Experience</p> <ul style="list-style-type: none"> Minimum 200 hours of executive function coaching/training, including: <ul style="list-style-type: none"> 100 hours accumulated from Levels 2 and 3 35 hours of 1:1 coaching 35 hours of group training facilitation 30 hours of coach supervision (delivered 1:1 or in small groups) <p>Assessment Components (Portfolio)</p> <ul style="list-style-type: none"> Live webinar delivery (topic pre-agreed, reviewed, and compensated) Trainer case study (3,000 words) demonstrating application of all Level 4 professional standards Research project (5,000–7,000 words) contributing to the field of executive function coaching or neuroinclusion Observed delivery assessment (co-delivery of one full training session, evaluated against trainer standards) <p>Feedback & Endorsement</p> <ul style="list-style-type: none"> Two testimonials (Portfolio): <ul style="list-style-type: none"> One from a supervisor One from a training participant Supervisor endorsement confirming readiness to train and supervise others 	<p>£4320</p> <ul style="list-style-type: none"> 6 x supervision sessions* Unlimited Resources & CPD Level 4 Coach Trainer Programme. Train-the-Trainer learning sessions Group training facilitation Observed delivery assessment + feedback Supervisor endorsement IEFCC Certification fee <p>*Additional supervision bundles may be purchased.</p>



Ongoing Certification



Continued supervision is widely recognised as best practice in executive function coaching and is emphasised by the (IEFCC) as an important component of maintaining professional standards. Supervision provides coaches with a structured space for reflective practice, allowing them to review their work, explore complex client situations, and receive constructive feedback from experienced peers or supervisors.

Programmes	What you will gain	IEFCC Training & Requirements	Cost (incl VAT)
Level 2: Certified Executive Function Coach	Continued support and development in your coaching journey. Continued IEFCC Certification.	<ul style="list-style-type: none"> 8 x Supervision sessions, 1:1 or group, quarterly over 2 years (4 per year) 12 hours approved CPD over 2 years (6 per year) Supervisor endorsement Renewal fee 	Level 2 – Group Supervision payment Options: Once off - £960 Quarterly - £130 Monthly - £50
			Level 2 – Individual Supervision payment Options: Once off - £1700 Quarterly - £260 Monthly - £90
Level 3: Certified Executive Function Coach Supervisor	Continued support and development in your coaching journey. Continued IEFCC Certification.	<ul style="list-style-type: none"> 8 x Supervision sessions, 1:1 or group, quarterly over 2 years (4 per year) 18 hours approved CPD over 2 years (8 per year) Supervisor endorsement Renewal fee 	Level 3 – Individual Supervision payment Options: Once off - £1900 Quarterly - £290 Monthly - £100
			Level 4 – Individual Supervision payment Options: Once off - £2100 Quarterly - £310 Monthly - £105
Level 4: Certified Executive Function Coach Trainer	Continued support and development in your coaching journey. Continued IEFCC Certification.	<ul style="list-style-type: none"> 8 x Supervision sessions, 1:1 or group, quarterly over 2 years (4 per year) 24 hours approved CPD over 2 years (12 per year) Supervisor endorsement Renewal fee 	Level 4 – Individual Supervision payment Options: Once off - £2100 Quarterly - £310 Monthly - £105
			Level 4 – Individual Supervision payment Options: Once off - £2100 Quarterly - £310 Monthly - £105