

PROGRAMME SPECIFICATION

Name, title and level of final qualification(s)	MSc Career Coaching and Coaching Psychology (Level 7)
Name and title of any exit qualification(s)	PG Dip PG Cert
Awarding Body	University of London
Teaching Institution(s)	Birkbeck, University of London
Home school/other teaching departments	Birkbeck Business School
Location of delivery	Central London
Language of delivery and assessment	English
Mode of study, length of study and normal start month	Part-time (2 years) October
Professional, statutory or regulatory body	<u>Career Development Institute</u> <u>Association for Coaching</u>
<u>QAA subject benchmark group(s)</u> <u>Higher Education Credit Framework for</u> <u>England</u>	N/A
Birkbeck Course Code	TMSCCCPS_C
HECoS Code	101294
Start date of programme	Prior to 2008/9
Date of programme approval	Prior to 2008/9
Date of last programme amendment approval	January 2026
Valid for academic entry	2026-27
Date of last revision to document	26/01/2026

Admissions requirements

Our standard postgraduate entry requirement is a second-class honours degree (2:2 or above) from a UK university, or an equivalent international qualification.

Management development professionals, coaches, psychologists, career professionals and consultants without a second-class honours degree (2:2 or above) but with suitable professional qualifications and at least five years' significant management experience in a range of organisations may be considered.

Applications are reviewed on their individual merits and professional qualifications and/or relevant work experience will be taken into consideration positively. We actively support and encourage applications from mature learners.

Course aims

The MSc Career Coaching and Coaching Psychology offers a unique combination of in-depth study of coaching psychology and career coaching with practical training in coaching skills. It includes the development of research skills and the academic study of psychology and behaviour at work. Students will also have the opportunity to apply for one of a limited number of placements with the Birkbeck Careers Service in their second year.

The course aims to equip coaches, consultants, career and HR professionals and psychologists to work with individuals and groups at relational depth in organisations in the role of career coach, coach or consultant. It will enable students to critically evaluate theory, research and practice in these fields and to undertake applied career or coaching research.

The MSc provides students with knowledge on the most salient topics in coaching in today's changing world of work. In their first year, students will learn about evidence-based psychological theories and the context in which coaching takes place. In their second year, students develop their coaching practice and undertake a psychologically based research project.

The MSc in Career Coaching and Coaching Psychology expands on the Postgraduate Certificate, offering students the opportunity for a deep exploration of this helping relationship. The course combines evidence-based, theoretical, and practical study to not only develop professional expertise but also give students greater self-awareness and understanding. Students will investigate pragmatically and critically how coaching works in organisations.

The skills and knowledge gained from this MSc can be applied within organisations and to leadership roles and help progress a career in coaching.

This is one of the few programmes in the UK to focus on adult career management and coaching with practical coaching skills development. It attracts individuals working in a wide range of settings and organisational contexts, and provides excellent opportunities for peer learning and networking.

HIGHLIGHTS:

- The Birkbeck Business School is renowned for its quality teaching and expertise in the delivery of part-time courses.
- People who hold the MSc Career Coaching and Coaching Psychology meet the qualification requirements for entry to the UK Register of Career Development Professionals. Being on the Register proves to employers and clients that you hold a qualification in career development at QCF Level 6/SCQF level 11 or above, abide by the CDI Code of Ethics, and undertake and record a minimum of 25 hours' CPD per year. Increasingly employers are asking that employees are on the Register.

- The MSc is accredited by the [Association for Coaching](#) so, once you complete the course, you will be able to access their Accredited Certificate in Coach Training (ACCT) accelerated route. The Postgraduate Certificate is also accredited by the Association for Coaching as an Accredited Award in Coach Training (AACT).
- We offer students bespoke skills training, as part of this course and the opportunity to apply for a placement opportunity in the Birkbeck careers service
- Access to an extensive range of electronic resources, including specially prepared texts for each module. Use of the online learning environment with a high level of staff support.

Course structure MSc Career Coaching and Coaching Psychology

Level	Module Code	Module Title	Credit	Comp Core/ Option	Likely teaching term(s)
Part-time – 2 years					
Year 1					
7	MOOP007H7	Life Career Development	15	Compulsory	T1
7	BUOB037H7	Research Methods	15	Compulsory	T1
7	MOOP001H7	Applied Coaching Theory	15	Compulsory	T3
7	BUOB098S7	Core Coaching Skills	30	Compulsory	T1-3
Year 2					
7	BUOB061H7	Coaching in Context	15	Compulsory	T2
7	BUOB099S7	Coaching in Practice	30	Compulsory	T1-3
7	BUOB042D7	Research Project	60	Core	T1-3

Core: Module must be taken and passed by student

Compulsory: Module must be taken but can be considered for compensated credit (see CAS regulations paragraph 24)

Option: Student can choose to take this module

How you will learn

Your learning and teaching is organised to help you meet the learning outcomes (below) of the course. As a student, we expect you to be an active learner and to take responsibility for your learning, engaging with all of the material and sessions arranged for you.

Each course is divided into modules. You will find information on the virtual learning site (Moodle, see Academic Support below) about each of your modules, what to expect, the work you need to prepare, links to reading lists, information about how and when you will be assessed.

In addition, students have access to pastoral support via a named Personal Tutor.

Methods of teaching:

Theoretical components are taught mainly via evening sessions supported through online materials and by attendance at evening classes some of which are online and some in person. The Coaching Skills and Coaching in Practice are taught mainly through in person Saturday workshops with teaching and feedback on skills development from experienced tutors.

Group, peer and one-to-one supervision is central to the course.

Access to suitable clients is required for this work. External independent supervision is also required to support professional practice.

How we will assess you

The course will use a variety of assessment methods. Assessment is used to enhance your learning rather than simply to test it. For most of the modules associated with this course, your assessment will be through the following types of assessment.

The programme is assessed by termly essays, reports, case studies, reflective assignments or proposals and by an independent applied research project (8000 words), normally submitted at the end of the final year.

Learning outcomes (what you can expect to achieve)

The programme aims to equip coaches, consultants and HR professionals to work individuals at relational depth in organisations in the role of career coach, coach or consultant. It will enable coaches to critically evaluate theory, research and practice in these fields.

At the end of this course, you should have:

- Developed the core and advanced coaching skills to work at depth with clients in organisational settings.
- An In-depth theoretical knowledge of coaching approaches, coaching theories, career development and career coaching from a psychological perspective.
- Developed an evidence based psychological approach to working with clients in organisations in the role of coach or career coach.
- The skills to support individuals to identify and explore their (career) development needs and aspirations
- Built a career or career coaching practice supported by professional supervision and psychological theory.
- The capacity to build and maintain client centred relationships
- The skills of reflective practice to develop an ethical approach to working with clients
- Be able to reflect on all coaching activity, feedback and supervision.
- The ability to monitor and evaluate their coaching practice.
- Understand the limits of a professional role, boundaries, confidentiality, accountability and safety based on psychotherapeutic theory.
- Learned how to develop and manage evidence based organisational career interventions
- The ability to respond appropriately to the complex demands of clients
- An understanding of the dynamics present in coaching relationships informed by psychodynamic theory.
- Have an understanding of organizational, social and cultural contexts which impact on careers and the coaching relationship.
- An ability for critical self-reflection on the ways in which they impact on the coaching process.
- A knowledge of the research evidence on process and outcomes of psychological theory relevant to coaching
- An understanding through personal development work of their own career development
- Critical Thinking Skills.
- Conducted Masters level research and thereby contribute to career and coaching scholarship
- Built a career and coaching network

Careers and further study

You will find Career Coaching and Coaching Psychology graduates in the following kinds of roles: Career and Coaching Psychologists in private practice and coaching organisations, Higher Education Career Consultants, External coaches in private practice, Executive and Leadership coaches, Internal Coaches and Career or Talent Managers in a wide range of commercial organisations, Mentors in Start ups, Consultants in Change Management. Career specialists in the NHS and social agencies.

Birkbeck offers a range of careers support to its students. You can find out more on [the careers pages of our website](#).

Academic regulations and course management

Birkbeck's academic regulations are contained in its [Common Award Scheme Regulations](#) and Policies published by year of application on the Birkbeck website.

You will have access to a course handbook on Moodle and this will outline how your course is managed, including who to contact if you have any questions about your module or course.

Support for your study

Your learning at Birkbeck is supported by your teaching team and other resources and people in the College there to help you with your study. Birkbeck uses a virtual learning environment called Moodle and each course has a dedicated Moodle page and there are further Moodle sites for each of your modules. This will include your course handbook.

Birkbeck will introduce you to the Library and IT support, how to access materials online, including using Moodle, and provide you with an orientation which includes an online Moodle module to guide you through all of the support available. You will also be allocated a personal tutor and provided with information about learning support offered within your School and by the College.

[Please check our website for more information about student support services](#). This covers the whole of your time as a student with us including learning support and support for your wellbeing.

Quality and standards at Birkbeck

Birkbeck's courses are subject to our quality assurance procedures. This means that new courses must follow our design principles and meet the requirements of our academic regulations. Each new course or module is subject to a course approval process where the proposal is scrutinised by subject specialists, quality professionals and external representatives to ensure that it will offer an excellent student experience and meet the expectation of regulatory and other professional bodies.

You will be invited to participate in an online survey for each module you take. We take these surveys seriously and they are considered by the course team to develop both modules and the overall courses. Please take the time to complete any surveys you are sent as a student.

We conduct an annual process of reviewing our portfolio of courses which analyses student achievement, equality data and includes an action plan for each department to identify ongoing enhancements to our education, including changes made as a result of student feedback.

Our periodic review process is a regular check (usually every four years) on the courses by department with a specialist team including students.

Each course will have an external examiner associated with it who produces an annual report and any recommendations. Students can read the most recent external examiner reports on the course

Moodle pages. Our courses are all subject to Birkbeck Baseline Standards for our Moodle module information. This supports the accessibility of our education including expectations of what information is provided online for students.

The information in this programme specification has been approved by the College's Academic Board and every effort has been made to ensure the accuracy of the information it contains.

Programme specifications are reviewed periodically. If any changes are made to courses, including core and/or compulsory modules, the relevant department is required to provide a revised programme specification. Students will be notified of any changes via Moodle.

Further information about specifications and an archive of programme specifications for the College's courses is [available online](#).

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