

COACHING SKILLS

1-day Course

OVERALL AIM:

To develop workplace coaches in the skills of coaching performance within their teams

WHO SHOULD PARTICIPATE:

Anyone who is involved in improvement of performance through people

COURSE OBJECTIVES:

By the end of this course, participants will be able to:

- Use coaching with your team
- Understand the qualities of a good coach
- Demonstrate the ability to plan and prepare for the initial approach to staff
- Provide opportunities for feedback and further support as necessary

Delegates will have an opportunity to practise their coaching skills and receive feedback for future development.

COURSE CONTENT:

- Qualities of a coach
- Benefits of coaching
- Coaching models
- Identifying opportunities to coach
- Conducting the coaching meeting
- Questioning techniques
- Giving Constructive feedback
- Coaching and continuous cycle