
Coaching

Overview

Coaching is increasingly recognised as an effective tool in facilitating personal and business improvement.

There is ample evidence that coaching, as a management style, has a positive impact on employee productivity and engagement. Coaching does not however apply only to manager/employee relationship. Not only is peer coaching an effective vehicle for skills transfer, it also provides the thinking space required to gain clarity and fresh perspectives on those difficult to solve problems.

Applying the learning from this workshop to structure a meeting and adopt a coaching style could transform some of those much-diarried 'catch up' sessions.

Workshop outcomes

For participants to be able to:

- identify opportunities for coaching in day to day activity
- apply what they have learnt with confidence
- structure a coaching session to achieve the desired outcome
- adapt their coaching style to meet the needs of the individual.

Outline content

- What is coaching?
- What makes an effective coach?
- How to go about it.
- Developing an appropriate coaching style

How long is the workshop?

1 day

Who is it for?

This course is especially suited to those who have had little or no formal coaching training and are interested and/or involved in developing others – whether as a line manager or a colleague.

