

Coaching Foundation: Two Day Event

A rigorous yet enjoyable event designed to create immediate impact to awareness, ability and application

In this event, we engage managers in coaching as a desirable skill, whilst providing practice and learning in a truly supportive environment. Learning focuses on core skills of listening, asking effective questions, building rapport, giving constructive feedback and the structure of a coaching conversation.

Who is it suitable for?

- Anyone responsible for managing others, e.g. team leaders, supervisors, middle managers
- HR professionals who want to provide a facilitation or coaching role for their internal clients
- Anyone interested in coaching or mentoring others in the workplace

What will they get from it?

- The opportunity to reflect upon their own managing/coaching style before the event
- A clear view of what **good** coaching looks like, e.g. by watching demonstrations
- A solid experience of the key principles and skills of coaching, e.g. over **six** hours of supported practice during the two day event
- A simple structure for coaching conversations held away from the workplace, i.e. 'The Coaching Path'
- The 'Response Coaching' tool, i.e. coaching as a behavioural response to everyday questions and issues
- Increased self awareness, e.g. delegates receive feedback on their strengths and development needs
- A firm foundation for future skills development, e.g. a clear plan of action

In advance of the event, delegates receive a copy of *Brilliant Coaching* by Julie Starr. During the event, delegates also receive an A5 event manual that supports coaching practice in the workplace.

