

Coach Intermediate: Two plus One day Event with Telephone Coaching

A carefully crafted programme balancing investment with impact to provide a truly individual experience

After an initial two day skills event, managers return to the workplace for around 4-6 weeks to practice coaching, read *Brilliant Coaching* and write regular personal reflection notes.

In addition, managers receive two, one hour coaching calls from an experienced coach. These individual coaching sessions emphasise and accelerate learning in a way that naturally reinforces coaching behaviours.

Managers return for a one day event to review and share progress as a group. Delegates also learn additional information and tools that accelerate their effectiveness as a coach.

Who is it suitable for?

- Any junior, middle or senior manager
- Key influencers, mentors, project managers
- HR professionals, consultants, advisors



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.

Specific additions for this programme are:

- Individual support for the integration of coaching into delegate's situation and role
- A firm and supported foundation for future skills development, e.g. a clear plan of action
- A personalised learning experience, i.e. **two telephone coaching sessions**

