

# COACHING FOUNDATION: TWO DAY EVENT WITH PRE-WORK

Coaching means people feel more engaged, more challenged and more empowered

## Overview

- A rigorous yet enjoyable event that creates awareness, ability and application

Here we engage managers in coaching as a required skill, whilst practicing techniques in a supportive environment. The event develops core skills of:

- Effective listening
- Building rapport & trust
- Asking effective questions
- Giving constructive feedback
- How to structure a coaching conversation

## Who is it suitable for?

- People managers, e.g. team leaders, supervisors, middle managers
- HR professionals providing a facilitation or coaching role
- 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, in advance of 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
- A simple structure for coaching conversations held away from the workplace (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

Delegates receive a copy of **Brilliant Coaching** by Julie Starr before the event, plus a self-assessment questionnaire. During the event, delegates also receive an A5 event manual that supports coaching practice in the workplace.

