

Coaching Skills Workshop

Content
Introduction and Outcomes
Situational Leadership
What is coaching
Skills sets of a great coach
Listening
Lunch
Awesome questions
GROW
Real practice and feedback
Reflection
Planned application

Coaching as a skill set begins in the world of Situational Leadership which is also seen as situational communication. We use Skill and Will as a base which allows us to identify when the coaching technique should be applied.

The session will break down the coaching process into its component parts, effective listening, awesome questions, empathy, a process and the ability to hold a healthy conversation which allow the coachee to arrive at their own conclusion and therefore action to be taken.

We will hold a live coaching session both on the trainer as a group then a live Coaching session as a working role play to the group.

Allowing the group to thoroughly practice the art of Coaching throughout the day and layering the skill sets as we move along through the day.

All of our trainers are qualified coaches and will discuss the pitfalls of coaching and numerous success stories.

The session will be held in the strictest confidence and therefore allowing the attendees to feel very safe in the room and therefore will feel comfortable making mistakes and trying out new techniques.