

Core Coaching Skills



2 day
course

'Be Inspired! - Coaching is about Change... Positive Change'

The Coaching Process

The first step towards being a technically brilliant coach.

Coaching offers you the opportunity to facilitate positive change in other's lives, as well as in your own.

Over this exciting two-day course, you will learn the foundations of coaching, and discover the knowledge and skills you need to become an effective coach. This module also introduces you to more specialised areas of coaching, which you can pursue further in the next steps on your coaching pathway.

Who will Benefit?

Learning mentors, Managers, HR, Supervisors, Team Leaders trainers, and advisors wanting to refresh and improve the coaching skills they use with individuals and in-group situations.

Course Content

- Communication and Rapport building
- Coaching Tools and Techniques
- Practice Coaching Sessions with Feedback
- Coaching Models – e.g. TGROW, SMART
- Goal Setting and Motivation
- Practical Exercises to use with Clients

Course Features

The course has been designed to be highly interactive, practical and supervised to give you the best foundation in coaching skills.