



The Line Manager as Coach

COACH AND MENTOR TRAINING WORKSHOPS

SAMPLE PROGRAMME

This is a **two-day** workshop to equip leaders at all levels with the basic skills they need to coach their own team members. This course is lively, participative and very practical with plenty of opportunity for delegates to work on their real-world challenges and opportunities in small coaching groups.

With a break between days one and two (of 1-2 weeks) we are able to agree coaching goals with each participant. They then report back on their progress on day two.

- A definition of 'coaching' and a 'coaching style' of leadership
- The key skills of an effective coach (with practice sessions)
- Coaching – the importance of both challenge and support
- Coaching for behaviour change(with practice sessions)
- Live coaching demonstration
- The power of feedback and feedback in the 'here and now'
- Ground rules in coaching
- The G.R.O.W model as a framework to structure coaching conversations
- Goal setting in coaching
- Coach Practice sessions in small groups (3/4 people) with feedback.

lead, inspire, succeed