

Coaching Skills

Duration: 1 day

Purpose and aim of course:

This course has been developed give a broad overview of coaching skills. It aims to give participants an insight and an understanding of coaching for those wishing to develop coaching skills in their organisations. It will give a general overview of how to understand the role of the coach, the effectiveness of coaching relationships and how to utilise coaching skills to improve performance.

This unit is suitable for persons who are:

- working in a position where coaching skills could be significant,
- would like to develop knowledge and skills of coaching,
- involved in supporting the implementation of coaching within the organisation.

Learning Outcomes

On completion of this course, learners will:

- be able to understand coaching skills and how they could be influential in an organisation,
- understand the difference between coaching, mentoring and other learning interventions,
- understand the role of the coach and what an effective coaching relationship looks like,
- ways in which to develop coaching in an organisation to improve performance.

Materials:

Learners will receive all necessary material for this course including copies of presentation slides and exercises used in class.

Prerequisites:

This course is a stand-alone course and does not require any previous knowledge.