



Personal Development

Introduction to Coaching

Dates:

From Apr 29, 2019 to Apr 30 2019

Course Duration:

2 days

Venue:

Dennett House, 11 Middle Street, Taunton, Somerset, TA1 1SH – this course can also be delivered on an in-house basis

Description:

A two-day workshop for anyone with line management and team responsibilities. The programme includes a pre-attendance self-assessment activity and 2 days of interactive theory and practice-based learning.

Day 1: 29 April 2019 (9.30 – 16.30)

Day 2: 30 April 2019 (9.30 – 16.30)

Please note: *this is not a residential course and accommodation is not included.*

Aim:

To provide an introduction to coaching and mentoring techniques and how to apply them in a variety of workplace situations

Content:**Principles of Coaching**

- The coaching continuum
- Establishing your coaching baseline
- Introduction to the GROW model and other coaching models
- Asking powerful questions
- An overview of learning theory
- Contracting, expectations, process, ethics, code of practice and boundaries
- Coaching skills, qualities and techniques
- Communication and non-combative challenging strategies
- Improving own coaching practice through reflection and review

**TRAINING DETAILS****Course Ref:**

CP/18/763

Closing Date:

18/03/2019

Course Administrator:

training@swcouncils.gov.uk or
call 01823 270101

Related Courses:

- [Mentoring](#) Level 3 Award
- [Coaching](#) Level 3 Award
- [Coaching & Mentoring](#) Level 5 Certificate
- [Executive Coaching & Mentoring](#) Level 7 Certificate
- [Coaching Supervision](#) Level 7 Certificate
- [Introduction to Coaching](#)
- [Coaching Pool - Conference](#)
- [Coaching Pool – Supervision Session](#)
- [Coaching Pool – CPD Event](#)

"Very enjoyable, personally rewarding and motivating course"

"The training, had a brilliant mix of theory and practice in a safe, relaxed environment"

"The knowledge, experience and skill of the two tutors was exceptional, they made the days fun, practical and valuable"

Member Organisations: £345
Non-Member Organisations: £375

(All prices subject to VAT.)

"This programme is useful not only for coaches, but in everyday working life"