

## Coaching Skills at Work

### Aim of the Workshop

This workshop is aimed at helping managers and supervisors to develop each member in their team. For any team to be successful it is important that all team members are working to the best of their abilities. By using coaching it is possible to develop each person according to their specific needs. Coaching is very different from mentoring or training and this event will describe why this is and the main benefits that can be gained from coaching team members. For any manager or supervisor who wants to enhance and develop their team using coaching skills is the most effective method to do this.

### Workshop objectives

At the end of this workshop those attending will be able to:

- Describe what is meant by the term coaching
- Identify the range of coaching skills that are used
- Understand why coaching is so successful
- Identify a range of tools and techniques that can be used when coaching team members
- Understand how to identify opportunities for coaching in the workplace

### Workshop Content

- What do we mean by the term “Coaching”
- The difference between – coaching, mentoring, training and counselling
- The principles of coaching
- The skills needed to be an effective coach
- Tools and techniques used in coaching
- Recognising when to use coaching
- Breaking down barriers to coaching
- Demonstration of a coaching session

### Workshop attendees

This workshop is suitable for anybody who wants to understand more about the field of coaching, what makes a great coach and how to coach in practice.

### Workshop duration

This workshop is of 1-days duration

### Workshop fee

£147 per person includes course manual

For more information contact us at [info@the-complete-training-company.co.uk](mailto:info@the-complete-training-company.co.uk)