

Essential Coaching Skills

Programme



EFFECTIVE COACHING

The Essential Coaching Skills Programme has been developed specifically for line managers who want to quickly grasp the key aspects of coaching in order to achieve better results from the people they work with. The approach is fun and interactive, providing just the right balance between theory, models and practice.

Using simple and memorable models of coaching, participants will have the chance to coach others around real-life management issues, and will each go away with personal strategies to further embed their new found skills.

The Essential Coaching Skills Programme uses a well known and proven model:

G = Goal

R = Reality

O = Options

W = Will

Our Clients Say:

"It was such a practical course, I feel really confident and recognise where I need to change my management style."

"I learnt so much and went straight out and applied it. The relationships with my team have improved a lot and I find I have much more free time because they don't keep asking me what to do."

PROGRAMME OVERVIEW

- ✔ What coaching is all about
- ✔ Coaching as a manager
- ✔ Understanding learning styles
- ✔ Setting individual goals and creating action plans
- ✔ How to give and receive feedback
- ✔ The Coaching Model
- ✔ Understanding people and their world
- ✔ Coaching practice
- ✔ Action planning

The Essential Coaching Skills Programme is tailored to customer requirements, and can range from a one day programme to modular sessions over a period of weeks or months. It is ideally suited to being combined with our other programmes such as the Personal Effectiveness Programme and the Energising Work Programme.

SUMMARY

- ✔ A fun, interactive and practical introduction to the principles of coaching as a manager
- ✔ Enables participants to quickly develop their own effective coaching style
- ✔ Participants go away with coaching models that they can use back in the workplace
- ✔ Sets out the key skills required to be an outstanding coach – and provides an opportunity to practice them
- ✔ Every participant leaves with personal strategies to strengthen their people management skills

DEVELOPMENT

Do you want to have more targeted development discussions with staff, that lead to action?

Are you looking for ways to encourage your staff to think more for themselves?

SUCCESS

Do you want to learn about and use the quickest and most effective method of developing members of staff?

EFFECTIVE MANAGEMENT

Do you want to improve your skills as a people manager?

Motivational Leadership Ltd
The Chapel House
High Street
Chapmanslade
Wiltshire
BA13 4AL
T: 0845 123 3959
info@motivationalleadership.co.uk

www.motivationalleadership.co.uk