

Coaching and Mentoring Skills - 1 Day Workshop

We all recognise that coaching/mentoring helps sports teams and people to develop. Coaching and mentoring are powerful management tools to apply to the workplace. This workshop provides those with leadership responsibility with a Coaches/Mentors' toolkit to help develop teams and individuals within the workplace.

Content

Defining Coaching

- What is Coaching and Mentoring?
- What are the benefits?
- The mindset of a coach

Qualities of a Coach/Mentor

- When to coach/tell or sell
- Qualities needed for successful coaching and mentoring

The Coaching Cycle

- The GROW Model
- Questions in Coaching
- Listening

The Coaching Contract

- Setting Goals
- Your role and theirs
- Attitude and Values in Coaching and Mentoring

Interpersonal Skills

- Rapport
- Feedback
- Learning Styles

Having a go

- Practical scenario to apply coaching skills

Action Plan

- Create a coaching plan for people within your team

