

Coaching Skills



Introduction

If you are a manager or supervisor, then the chances are you are using coaching skills to develop staff members on a regular basis.

This course is designed to help further develop those skills and create the best relationship possible between your staff and you. The course consists of seven trainer-led sessions and is delivered over one day in a friendly and interactive way.

Aim

The aim of this course is to help you develop the essential skills to become an effective coach.

Objectives

- Describe your role and responsibilities as a coach
- Use a simple coaching model
- Create and agree a coaching plan
- Demonstrate appropriate listening and questioning techniques

Content

The sessions are as follows:

Part 1 Understanding coaching

Part 2 Your role and responsibilities as a coach

Part 3 Identifying a coaching need

Part 4 An introduction to coaching models

Part 5 Listening and questioning techniques

Part 6 Developing a coaching plan

Part 7 Adapting your coaching style to meet an individual's needs

Gary Bedingfield is a fully qualified further education trainer with 20 years industry experience and a passion for helping people reach their full potential. He started his own business, Gary Bedingfield Training, in 2009, and delivers trainer training, staff development, employability skills, IT and personal development to clients across the UK including NHS Scotland, CBRE, BP and many local councils.

Group Size: up to 12

Duration: 1 day (typically 9:30am to 4:40pm)

Certification: GBT Coaching Skills Certificate of Competence

Other courses you might be interested in:

Train the Trainer

Train the Trainer Express

1-to-1 Train the Trainer

Facilitator Training

Gary Bedingfield Training

0845 003 9571

www.garybedingfield.co.uk

info@garybedingfield.co.uk