

COACHING & MENTORING 2 FULL DAYS

COURSE OVERVIEW

This course will provide you with the skills and knowledge to effectively coach and mentor others.

Ideal for Managers, over 2 days, this course will discuss and define the differences in coaching and mentoring, describe the role of coach and mentor within the workplace, enable you to apply the skills of coaching, describe performance and competence, and enable you to recognise the impact of self in coaching and mentoring others.

CONTENT

- Getting started
- Defining Coaching & Mentoring
- Role of the Coach & Mentor
- Coaching styles
- Coaching & Mentoring skills
- Coaching practice
- Review of learning
- Creating the Coaching Climate
- The G-R-O-W Model
- Types of Coaching
- Performance & Competence
- Understanding self-transactional analysis
- Feedback



COSTS

Per Group: £2000 + VAT

Per Person: £ 300 + VAT

*Maximum 10 delegates per group.

20% discount applied if Core HR Subscriber.

Training can be delivered at your premises or off-site at our unique training suite.