

INTRODUCING COACHING FULL DAY

COURSE OVERVIEW

Our 1 day Introduction to coaching in the workplace will enable anyone in a team leading, line management, or supervisory role to use specific coaching techniques in supporting the development of their team members.

You will learn how to define coaching, choose a coaching option, recognise and apply the skills of coaching, ask questions, listen actively, and use a coaching model.

CONTENT

- What is coaching?
- When do we coach?
- Skills of coaching:
 - Listening
 - Questioning
 - Rapport building
- A coaching model
- Skills practice



COSTS

Per Person: N/A

Per Group: £1000

*Maximum 10 delegates per group. 20% discount applied if Core HR subscriber.

Training available at your premises or off-site at our bespoke training facility in Rochdale.