



Coaching

Coaching is an instructional method for developing and enhancing the potential of individuals through a focused relationship with a more experienced or senior colleague. The best coaches use collaborative techniques allowing individuals to recognize and agree to improve and change behavior. Our Coaching Model is appropriate for the development of specific skills and techniques that can be mastered and measured.

Target group

Early to Mid Career Managers

Topics

- ⇒ What is coaching?
- ⇒ Why do you coach?
- ⇒ When do you coach?
- ⇒ How do you coach?
- ⇒ Who do you coach?

Approach

The training course is instructor led and is designed to be highly interactive with practical exercises. This module concludes with Commitments to Action (CTA's) which ensure that the learning is applied in the field.

Duration

1 day

Course objectives

After this training course, you will be able to:

- ⇒ Improve the skills and performance of your people
- ⇒ Eliminate bad or detrimental behavior on your team
- ⇒ Coach your people using a proven "Coaching Process"
- ⇒ Effectively give feedback

Follow up courses

Establishing Clear Expectations*, Evaluation and Consequence

**Establishing Clear Expectations should be taken prior to Coaching*