

Coaching Skills

Coaching is becoming an integral part of current management practice. Coaching is the deliberate process of helping others achieve their true potential. As a result this workshop has been designed for those who want to develop their coaching skills, both for those they manage and their peers.

Workshop content:

- Definition of Coaching
- Why Coach?
- Characteristics of an effective Coach
- Coaching Styles
- Identifying your preferred Coaching style
- A structured approach to Coaching
- Coaching opportunities

Workshop duration: 1 or 2 days