



COACHING SKILLS FOR LEADERS AND MANAGERS

ONE-DAY PROGRAMME

This one-day programme will develop coaching skills in your leaders and enhance their effectiveness to motivate and lead employees. Participants will learn how effective managers' use coaching to establish clear expectations and accountability and how to conduct coaching conversations that build awareness and get results.

Key Learning Objectives:

- Define what coaching is and understands the benefits of developing this approach as a leader
- Create positive coaching environments for productive leadership conversations
- Learn a positive procedure for coaching success
- Use the GROW model as a key tool for coaching sessions
- Use coaching communication skills to good effect
- Identify coaching opportunities and appreciate which style to use

Who will benefit from this training?

The one-day programme is aimed at managers at all levels in an organisation. Coaching has been recognised a key skill for effective leadership, however, it has also been recognised as the least used. Managers and leaders who develop this skill become better leaders and improve organisational performance

Methodology

The programme is designed to be interactive, enjoyable and motivational. Participants will be encouraged to get involved and learn through:

- ✔ Workshops
- ✔ Individual exercises
- ✔ Role-play
- ✔ Group activities

Each participant will create a personal learning and action log to guide his or her own development after the programme



Your Facilitator

Andy Whitehead MBA MSc (Psychology) FCMI. Andy is an Executive Coach and a skilled facilitator, delivering programmes aimed at enhancing leadership and management effectiveness.