



ZING365
Learning without limits

COACHING SKILLS

WHAT WE WILL COVER

- What is coaching and how can we apply it?
- The role and characteristics of the coach
- Essential Coaching Skills
- Coaching tools and approaches
- Coaching Styles
- Coaching for performance or to address concerns
- Balancing the need for support and challenge

SUMMARY

This programme is delivered through an interactive and highly participative workshop, with the pace and intensity of delivery, varying according to the experience and level of the participants.

Learners will be introduced to a coaching framework and appreciate how this will support the coaching conversation.

Coaching conversations support an open and high-performance culture, encouraging development between managers and employees

Coaching conversations can empower employees to take responsibility for their own progress and development.

PRE WORK

- None required

OBJECTIVES

By the end of this course you will;



Demonstrate the use of essential skills for workplace coaching



Be able to prepare for, and conduct, effective coaching sessions with others



Be able to use a structured coaching model



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