Tel +44 20 4571 2395
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Today's organisations feature fewer management layers and emphasise individual responsibility. Successful delegation and empowerment relies on effective coaching.

This **Coaching & Mentoring training course** focuses on the methods by which managers develop the performance of individuals in their team. It looks at two main types of coaching, providing opportunities for managers to apply these skills.

We run this course privately to suit your business goals and can tailor the content accordingly. Please call +44 (0)1273 622272 to discuss your needs.

Course Objectives

At the end of this coaching and mentoring training course participants will have learnt about:

- Coaching to improve individual performance
- The relationship between coaching and other performance management techniques
- The key coaching styles (input and output)
- The coaching process and skills
- The role of the mentor and mentoring programmes

- Coaching styles: Input and output coaching
- Coaching in the context of other performance development techniques
- Applications for coaching
- Measuring results
- Coaching Process: A coaching model
- Developing empathy
- Questioning techniques
- Putting coaching into practice

- Mentoring: Structuring a Mentoring programme to give benefits to the company and individuals involved
- Who needs mentoring and who makes a good mentor?
- Responsibilities, skills and overcoming problems
- Defining and developing the mentoring relationship

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