

Coaching & Mentoring

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.

Objective

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

Details

Duration: 1 Day

Who is this course for

Managers, coaches & leaders who want to develop their coaching style and mentor more effectively.

Course Content

- 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

