

Course Title	The Effective Coach	Duration	Two days & follow-up	Personal Development
Outcomes	By the end of this training, your delegate will: <ul style="list-style-type: none"> • be able to state the principles of coaching ; • have demonstrated the ability to generate a coaching plan for themselves or a client ; • have demonstrated a number of techniques that they can use in coaching a client ; and • have undertaken a short programme of coaching. 			
Prerequisites	None, however this course is best suited to those who are actually going to be carrying out coaching.			
Session	Aim	Content		
Introduction	To explain the aims of the course and understand particular objectives of individuals	<ul style="list-style-type: none"> • Introductions • Understand the objectives and the process of the course • Agree what outcomes are required 		
Principles	To be able to state the principles of coaching.	<ul style="list-style-type: none"> • What coaching is • What coaching is not! • How coaching fits in to the learning and development model • Who coaching is for • The GROW model 		
Planning	To have demonstrated the ability to generate a coaching plan for themselves or a client.	<ul style="list-style-type: none"> • The circle of life • Time management – making time to succeed • Important vs. urgent • Agreeing an agenda 		
Techniques	To have demonstrated a number of techniques that they can use in coaching a client.	<ul style="list-style-type: none"> • Note to self... • Awkward questions • Other peoples' perspectives • Reviewing progress • Keeping the pressure on! 		
Coaching	To have undertaken a short programme of coaching.	<ul style="list-style-type: none"> • First session forms part of the course • Four 30 minute follow-up sessions • One final 30 minute review session 		
Book this course now :				
Cost	Price Code E			
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