Coaching skills for managers

This programme gives a comprehensive introduction to coaching in an organisational context. It demonstrates how to make coaching effective and how its use can improve organisational and personal performance. It also provides delegates with best practice guidelines and the latest thinking in this fast developing area. With a focus on applying approaches in specific contexts and identifying personal development opportunities, this programme is appropriate for anyone with responsibility for developing others, including in-house mentors and managers looking to enhance staff development. Those with little experience of coaching may find this particularly relevant.

Managers taking part in our programmes learn how to use coaching tools and gain the vital self-awareness necessary for a coaching approach to management. Sessions are highly practical and interactive, allowing participants to test ideas in a safe and confidential environment. Participants are encouraged to discuss material and reflect on how they can apply the ideas to real workplace issues.

Our approach is flexible and based on the needs of participants, however key areas covered include:

- Definitions of coaching and the key process consideration;
- Models of coaching and how to apply them;
- Skills and competencies of coaching in an organisational context;
- Tools and techniques to facilitate development.