

A Practical Coaching Methodology

CPD Group Discussion

Details

Time:	2-4 pm
Duration:	2 hour session
Type of Event:	CPD Group Discussion
CPD Points:	2 CEUs

Event Information

Who should attend:

- HR Managers
- Line Managers
- Consultants

Trainer:

Leigh Wallace

Overview

Agenda

- Core Competencies of a Coach.
- Distinctions between Coaching and other Roles
- What is Coaching and how can it be defined?
- Quality of Relationship
- Mental Health Issues
- Stages of Learning
- What does it take to change?
- The Cycle of Change
- Questioning
- The GROW Model
- Coaching Styles
- Expanding your Coaching Toolbox
- Coaching Engagement Process

Outcomes:

The intention of this workshop is to give the participants an understanding of the field of Coaching and provide foundational coaching skills and tools.

By the end of the session, you will have:

- Understood what coaching is, and the context within which it sits;
- Learnt foundational models of coaching;
- Established your particular style as a coach and how to develop it;
- Learnt how to frame and use coaching questions;
- Learnt a variety of tools to build up your coaching toolbox.

Johannesburg & Durban

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