



## Coaching at Work Delivered by



### **Coaching at Work**

'The capacity for growth exists in every individual and awaits only the proper conditions to be released and expressed ' (Carl Rogers)

The Coaching at Work programme is a series of experiential workshop sessions designed for individuals at any level who have had some training and experience of coaching and have the backing of their organisation to develop as internal coaches to others across the business.

This lively and interactive 3 part course offers participants plenty of opportunity to build their coaching skills gradually and thoroughly by practising in a safe and confidential environment. Participants are expected to devote additional time to developing their skills through practical experience during the course and beyond.

The workshops are facilitated by Jane Cox BA MSc, an Accredited & Qualified Executive Coach and Coach Supervisor with many years experience in the field. Jane has been coaching managers and leaders in business for over 15 years and is particularly respected for her strong facilitation skills and ability to tailor her coaching interventions to the individual in the context of the commercial realities of their organisation.

### **Coaching at Work – Part 1 - Introduction to Coaching (4 x ½ days)**

- How, why and when to coach
- What makes people tick?
- Coaching Skills & the GROW model
- Practising & planning a coaching programme
- Review of coaching experiences – sharing of learning
- What works for whom?
- Learning styles, Personality profiles, 360 feedback
- Who, when and how to coach your internal client
- Practical coaching exercises & Feedback

**Maximum number of delegates: 8**

**Parts 2 and 3 of this course are also available through TLC**