



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 2 - Next Steps in Coaching (4 x ½ days)

Each half day workshop will focus on an aspect of coaching and participants will be encouraged to share their coaching experiences with the rest of the group as they practise different approaches and techniques by means of co-coaching activities.

- Review of coaching programme and sharing of key learning points
- The organisational implications – who is your client?
- Assessing the learning and development needs of the client
- Boundaries and contracts
- Relationships and the games people play
- Looking after your own needs as a coach
- Reflecting and feedback on your own performance
- Planning your coaching future & setting SMART objectives

Maximum number of delegates: 8

Parts 1 and 3 of this course are also available through TLC