



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 3 - Advanced Coaching Skills (6 x ½ days)

Building on the Next Steps workshops, participants will spend further time focusing on more complex aspects of coaching in the confidential context of professional supervision. They will practise working with different situations using different approaches and techniques and be encouraged to reflect on their own practise and learning. A key outcome of the Advanced Coaching Skills programme is for participants to develop their own individual coaching style.

The final workshop will consist of an accreditation process for which participants will need to prepare case material and evidence of their learning journey as well as carrying out an observed coaching session. The accreditation is equivalent to European Mentoring Coaching Council Level 4+ .

Maximum number of delegates: 8

Parts 1 and 2 of this course are also available through TLC