

Coaching Skills for Managers

This course is for managers who have a grounding in supervision skills, and wish to build on the coaching dimension of their management approach.

The aims of the course are to introduce managers to the principles and key skills of coaching.

By the end of the course participants will

- Understand how coaching compares and fits with other styles of people management
- Be aware of the potential and limitations of coaching
- Know how to establish a workable context for coaching with staff
- Be able to structure a one-to-one supervision session using a coaching model
- Be aware of, and be able to use, some key coaching skills: building rapport; listening; asking effective questions; giving supportive feedback
- Be able to identify likely barriers to effective coaching and have ideas for tackling them
- Have an action plan for continuing to develop their coaching skills over time.