



COACHING & MENTORING 3-DAY ACCREDITED PROGRAMME (FETAC LEVEL 6)

OVERVIEW

This programme is designed to provide managers and others with responsibility for developing workplace competencies, with the skills needed to develop individual performance in others. It will create an understanding of the organisational and workplace context within which performance and career development takes place and it will provide the skills, knowledge and tools required to undertake coaching assignments.

Duration: 3 days

OBJECTIVES

On completion of this programme, participants will:

- Understand the Distinctive Nature of Coaching as a Tool for Workplace Competencies and Career Development.
- Learn How to Use the G.R.O.W. Model of Coaching.
- Understand the Organisational Context of Coaching.
- Learn How to Set Powerful Goals for Individual Development.
- Understand the Non-Critical, Non-Judgmental and Confidential Nature of the Coaching Relationship..
- Develop the Skills of Active Listening and Systematic Questioning.
- Understand How NLP Can Contribute to Coaching Effectiveness.
- Develop Personal Effectiveness as a Coach.
- Manage a Coaching Programme and Evaluate the Effectiveness of Coaching as a Competency Development Tool.

SUMMARY CONTENT

- Understanding and Using the Coaching Model
- Questioning and Listening
- Building the Coaching Relationship
- Building Personal Effectiveness as a Coach
- Managing a Coaching Programme

ASSESSMENT

- Project 60%
- Skills Demonstration 40%