



# Aspiring4Excellence

## Professional Excellence Personal Power

### **One Day Introduction to Coaching**

A short workshop to introduce the principles and techniques of workplace coaching and their application to performance.

Performance coaching is now recognised as one of the key skills for success at work. It is also a great way of encouraging people to think creatively for themselves, and so is a crucial aspect of effective delegation and capacity building in an organisation.

This experiential workshop will introduce participants to some of the core principles of coaching, and how performance can be dramatically improved through specifically constructed conversations.

Participants will be introduced to, and practice, a coaching model for holding these conversations which they will be able to apply immediately on their return to work.

### **Who will the course benefit?**

This course is for everyone who wants to achieve more in their career, successfully manage others and is accountable for outcomes of others.

### **Programme Outline:**

- Coaching - core principles
- An overview of key techniques
- How coaching works
- A model for coaching - GROW
- Practice and application of coaching at work

### **Outcomes:**

By the end of the programme, participants will have:

- Clarity of what coaching is (and isn't)
- How coaching can be used to improve performance
- Learned and practiced the core coaching model
- Identified how coaching could be applied in their school to improve all round effectiveness