

# COACHING FUNDAMENTALS

## Workshop description

Coaching is a way of enabling and empowering other people to identify, refine, and move forwards towards their goals. There are many myths surrounding the idea of coaching and this practical workshop will address these to ensure attendees leave with a clear understanding of coaching, when it can be used, and how to develop effective coaching skills. During the workshop a number of individual and group discussions and exercises enable deeper exploration and reflection as well as opportunities to practice coaching. The workshop is designed for those who are new to coaching and would like to learn more to begin to integrate coaching skills into their work.

## Course overview

- What is coaching?
- Principles of coaching
- Effective listening
- Effective questioning
- GROW model
- Using coaching in the workplace (including action learning sets)

## More information

For more information contact [jo@jowalley.co.uk](mailto:jo@jowalley.co.uk)

