

Introduction to Coaching

Course Dates

Sunday 25th February 2018

Course Time: 9.30am - 4.30pm Venue: Challenge Wales office

Summary:

This course will provide an opportunity for volunteers working with Challenge Wales to explore and develop new skills in relation to their role as volunteers. Aimed at developing an understanding of the role of coach the course will develop insight into how a coaching approach can be integrated into working practice enabling volunteers to better support and help the development of the young people taking part in the Challenge Wales experience.

Learning Outcomes:

Aim

- To introduce and practise a clear and proven approach to coaching that will enable participants to effectively use coaching skills as a part of their role.

Objectives

By the end of the day participants will have:

- Explored how coaching fits within their role
- Differentiated between mentoring, counselling, training, and coaching
- Been introduced to the benefits of coaching
- Established when coaching is the most appropriate approach to use
- Discussed the limitations and boundaries of the coaching process
- Been introduced to the GROW model for coaching
- Considered how the GROW model fits within the “coaching session”
- Applied active listening and questioning techniques within a coaching scenario
- Practised their coaching skills using the GROW model
- Completed an action plan to further develop their coaching skills

Please email Kerry@challengewales.org to book your place or to find out more.