

# Coaching Skills

*Unlock potential, unleash performance, and accelerate development.*

## Program Details

Coaching in the workplace can be defined as one person guiding another through a process that ultimately leads to performance enhancement. Coaching skills include effective feedback, understanding your colleague's strengths, reinforcing positive behaviour, utilizing innovative ways of listening, and being aware of how to measure coaching success.

## Training Objectives

- Identify the differences between coaching, management and mentoring and know when to use which.
- Determine the characteristics of a good coach.
- Identify the elements of a good coaching session in order to implement them.
- Establish the importance of communication in the coaching process.
- Understand the feedback model of constructive and reinforcing feedback.



**Training Length**

**1 – 1.5 Hours**