

Changing Performance through Coaching

Certified Coach Training for Professionals

Coaching can be described by an attitude and approach to helping someone move towards their goals and improve their level of performance. Managers, leaders, teachers and instructors commonly use coaching in an informal way as part of their daily interactions.

This training will enable professionals to develop their skills, knowledge and behaviours for effective coaching. It is primarily aimed at people who:

- Have responsibility for developing others in their work role as a director, manager, supervisor or team leader.
- Raise skills and performance as an instructor, teacher, mentor or trainer
- Want to integrate and apply their existing knowledge to effective coaching
- Want to focus on developing their practical skills and not have to complete research, essays or records.
- Are critical thinkers and value evidence-based respected approaches

If you are a professional who wants to empower, encourage, and develop those they work with this course can benefit you.

Performance Coaching 201	Performance Coaching 202
Problems and Solutions Addressed Increasing motivation Shifting perspectives Unhelpful and helpful emotions Finding new strategies and approaches	Problems and Solutions Addressed Procrastination and apathy Confidence and self belief Breaking patterns or stuck thinking Navigating conflict
Knowledge and Skills How coaching works (and when it doesn't) Refining the GROW and SCORE sequences Using assessments and feedback Levels of communication and listening Location, layout, pace, follow-up	Knowledge and Skills Managing beginnings, middles and endings Working with metaphors and language Ethics and boundaries – when to stop Constructing powerful questions Neuroscience applied to coaching
12-13 May 2016 , Castle Green Hotel, Kendal £245 (Organisations) / £145 (Individuals)	16-17 May 2016 , Castle Green Hotel, Kendal £355 (Organisations) / £250 (Individuals)

Certified Diploma in Coaching (INLPTA)

