

## **Coaching Skills for Leaders (1 x 3 hr Workshop)**

**Delivered by Catherine Eve, Centre for Leadership Performance**

**8<sup>th</sup> December 2021**

### **OVERVIEW**

Effective leaders don't fill a room, they leave room for others to grow. Unlocking the potential of your team is key to organisational success, this course shares techniques that you can use straight away to help your team increase levels of self-awareness, ownership for their behaviour and tasks and utilise their potential.

### **COURSE OBJECTIVES**

Upon completion of this workshop, delegates will be able to:

- ✎ Understand the key principles of coaching and how it supports effective leadership
- ✎ Use and improve key coaching skills
- ✎ Identify blocks and barriers to individual and team performance
- ✎ Practice using quick coaching tools for immediate results

### **COURSE CONTENT**

During the workshop you will

- ✎ Watch a coaching demonstration
- ✎ Practice listening skills
- ✎ Practice using questions, that develop understanding and awareness
- ✎ Use and practice a simple coaching framework, GROW
- ✎ Consider how you can create a coaching culture

**[www.cforlp.org.uk](http://www.cforlp.org.uk)**

Email: [info@cforlp.org.uk](mailto:info@cforlp.org.uk)

Tel: 01900 824 822