

# Becoming a coach or mentor Programme

## Who can benefit ?

The course is suitable for delegates at any level who wish to develop skills in coaching and mentoring

## Course Objectives

- Identify appropriate behaviours to enable the coach to support and encourage an effective coaching relationship
- Describe the key characteristics and the purpose of effective communication
- Identify the barriers that constraint effective communication
- Interpret and use effective body language
- Identify and develop active listening skills
- List and provide examples of effective questioning skills
- Produce an example of at least one type of learning activity that is appropriate to each of the four learning styles
- Develop an action plan to improve the effectiveness of your communication

## Course content

- Relationship building
- Communication
- Learning styles
- Objective setting
- Action planning

## Course Duration

1 day