

# An Introduction to Coaching

The aim of this workshop is to give managers a foundation in coaching, with some simple principles and tools to help them adopt a coaching approach with their teams.

With advocates ranging from Google to the NHS, coaching has come to be recognised as the most effective management style with benefits including high trust and engagement in the team, with strong resilience and ownership among employees.

The workshop and its accompanying resources will give participants the opportunity to learn and practise coaching skills, focussing on real workplace issues and improvement areas.

## This 3.5-hour workshop covers:

### The manager as coach

Why the coaching style works - a look at the evidence

Facing up to some challenges that can make coaching hard for managers...

...and how to overcome them

### Coaching in the moment

CAB - a simple, effective way for managers to coach "naturally"

Picking up on your opportunities to coach

### Getting better at coaching

Key skills and knowledge for today's coaching manager

Play to your strengths - how to make coaching fit your personal style

Peer coaching support

To support their continued development, participants will have access to a coaching self-assessment, and range of "stretch" learning resources

