

Coaching for all

Premise

In connection with the development of its internal coaching network and offer, the University is looking to establish a regular coaching workshop

Audience

The workshop is for anyone in the University with an interest in coaching

Aim

The aim of the workshop is to increase understanding of coaching and its benefits

Learning outcomes

By attending, participants will:

- Gain understanding of the purpose of coaching
- Be clear about distinctions between coaching and mentoring and the benefits of each
- Become familiar with the “rhythm” of coaching conversations
- Experience the processes of coaching and of being coached
- Identify opportunities to give and receive coaching as part of their working lives
- Get to know the way Greenwich is developing its coaching offer

Format

The workshop is run for groups of up to twelve delegates maximum to ensure quality of practice, observation and feedback

It lasts half a day and can be delivered virtually or face to face

There is an option to include brief pre-course reading, including a brief self-assessment of coaching readiness.

The sessions are used to establish voluntary peer-coaching relationships which continue afterwards.