



for more information call
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BACK **Coaching**

Developing Staff Through Coaching

Coaching is a cost effective way to transfer and teach skills and knowledge. It is often neglected as a management tool to develop and motivate subordinates and colleagues.

Benefits

This course is designed to help those in management positions to become better coaches to their staff and colleagues. Participants will:

- Understand the subtle differences between coaching and training
- Discover how different people prefer to learn and how to adapt a coaching style to an individual's learning style
- Understand and apply the stages of coaching

Content

This course will introduce the delegates to the VAK (Visual-Auditory-Kinaesthetic) Learning Styles model. Everyone has a preferred learning style. Gaining an understanding of how individuals prefer to learn will help the coach to adapt his / her style of coaching.

Each delegate will examine their own skills inventory in relation to their ability as a coach.

There will be opportunities to learn and practice coaching techniques by coaching a skill. This will give a practical example of adapting techniques to match the different learning styles.

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