



Developing Coaching Skills

Duration: 1 day

Course Overview

Welcome to the "Developing Coaching Skills" training program! This transformative one-day workshop is designed to equip participants with the essential skills and techniques to become effective coaches and empower individuals to achieve their goals and maximise their potential. Coaching is a powerful method of guiding and supporting individuals in their personal and professional development journey, fostering growth and success.

In this training, you will learn the principles of coaching, active listening techniques, and methods to ask powerful questions. By the end of this program, you will have the confidence and capability to create a positive coaching relationship, facilitate learning, and inspire others to take actionable steps toward success.

Whether you are a manager, team leader, HR professional, or aspiring coach, this program will empower you to become a skilled coach who brings out the best in others and contributes to their personal and professional growth.

Join us for an interactive and experiential learning experience that will elevate your coaching skills and enable you to make a lasting impact on the lives and careers of others.

Who should attend?

This program is suitable for professionals from all industries and roles who want to develop their coaching skills. Whether you are a manager, team leader, HR professional, aspiring coach, or individual contributor, this training will benefit you if you aim to become an effective coach who empowers others to achieve their goals and growth.

Context

In this course, you will learn the principles of coaching, active listening techniques, and methods to ask powerful questions.

How certification is earned

Upon successful completion of this course, you will be awarded a certificate of attendance from Expleo Academy.

Prerequisites & pre-reading guidelines

There are no specific prerequisites for this course.

Related courses

Attendees may also be subsequently interested in

- Human Relations and Interpersonal Skills

Course Objectives

On completion of this training, attendees will be able to:

- Understand the Principles of Coaching:
 - Define the role of a coach and the principles of effective coaching.
 - Recognise the benefits of coaching for individuals and organisations.
- Develop Active Listening and Empathic Communication:
 - Utilise active listening techniques to understand coachees' perspectives fully.
 - Apply empathic communication to create a supportive coaching environment.
- Ask Powerful and Insightful Questions:
 - Employ questioning techniques to encourage reflection and self-discovery.
 - Facilitate coachees' thought processes and unlock their potential.
- Establish Trust and Rapport with Coachees:
 - Build a positive coaching relationship based on trust and respect.
 - Create a safe space for open and honest communication.
- Set Goals and Create Action Plans:
 - Assist coachees in setting SMART goals and defining actionable steps.
 - Support coachees in creating plans to achieve their objectives.
- Provide Effective Feedback and Support:
 - Offer constructive feedback to guide coachees' progress.
 - Provide ongoing support and encouragement throughout the coaching journey.

Course Outline

Introduction to Developing Coaching Skills

- Understanding the role of a coach and the principles of effective coaching
- Recognising the benefits of coaching for individuals and organisations

Developing Active Listening and Empathic Communication

- Utilising active listening techniques to understand coachees' perspectives fully
- Applying empathic communication to create a supportive coaching environment

Asking Powerful and Insightful Questions

- Employing questioning techniques to encourage reflection and self-discovery
- Facilitating coachees' thought processes and unlocking their potential

Establishing Trust and Rapport with Coachees

- Building a positive coaching relationship based on trust and respect
- Creating a safe space for open and honest communication

Setting Goals and Creating Action Plans

- Assisting coachees in setting SMART goals and defining actionable steps
- Supporting coachees in creating plans to achieve their objectives

Providing Effective Feedback and Support

- Offering constructive feedback to guide coachees' progress
- Providing ongoing support and encouragement throughout the coaching journey

Introduction to Developing Coaching Skills

- Understanding the role of a coach and the principles of effective coaching
- Recognising the benefits of coaching for individuals and organisations

Developing Active Listening and Empathic Communication

- Utilising active listening techniques to understand coachees' perspectives fully
- Applying empathic communication to create a supportive coaching environment

Asking Powerful and Insightful Questions

- Employing questioning techniques to encourage reflection and self-discovery
- Facilitating coachees' thought processes and unlocking their potential

Establishing Trust and Rapport with Coachees

- Building a positive coaching relationship based on trust and respect
- Creating a safe space for open and honest communication

Setting Goals and Creating Action Plans

- Assisting coachees in setting SMART goals and defining actionable steps
- Supporting coachees in creating plans to achieve their objectives

Providing Effective Feedback and Support

- Offering constructive feedback to guide coachees' progress
- Providing ongoing support and encouragement throughout the coaching journey

Training Methodology

This training program adopts an interactive and experiential approach. Participants will engage in role-plays, group discussions, real-life scenarios, and practical coaching exercises to apply coaching concepts in various situations.

Facilitators with expertise in coaching and interpersonal skills will provide personalised feedback and guidance to enhance participants' abilities. The training will foster a supportive and collaborative learning environment, enabling participants to practice and develop their coaching skills effectively.

Contact

Patricia McGuire

Head of Training

Expleo Technology Ireland Ltd

M. +353 (0)87 235 5902

W. expleoacademy.com

pat.mcguire@expleogroup.com

academy-UKI@expleogroup.com