

Coaching Skills for Managers (Introduction to Coaching)

At Yeast, we enable our clients to develop a culture where individuals are internally supported through coaching. We work with our clients to embed coaching as a normal part of how individuals and teams are supported and managed in the organisation.

The Coaching Skills for Managers product is one day action learning workshop aimed at equipping managers with practical coaching skills and an understanding of how coaching works.

The programmes are delivered by skilled, experienced coaches who have practical experience at applying coaching in the workplace and developing systems to support coaching. The training is, as with all of our development, reinforced with, and supported by, coaching follow-up after each session and for a minimum of 3 months after the completion of the course.

Alongside theory, participants will practice one to one coaching and will leave the workshop with sufficient knowledge and experience to start to embed coaching into the way they manage people and interact with others. The outcomes of this workshop are greatly enhanced by supporting participants with one to one coaching to embed the learning and encourage them to put it into practice.

Topics will include:

- What is coaching?
- The benefits of coaching and why coaching works
- Theory underpinning coaching: Learning theory, Behaviour theory and Communication theory
- The structure of a coaching conversation: the GROW model
- Coaching practice, reflection and feedback
- Development planning to improve the individual as a coach

Pre-reading will be provided so delegates can make the most of their time on the course and a handbook containing slides, in-depth notes and practical resources is also included.



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If you want your organisation and your people to grow, just add Yeast!

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