

## A brief introduction to coaching workshop



A one day workshop that will provide you with a brief introduction to coaching, how it differs from other methodologies, what makes an effective coach as well as an introduction to a model

for coaching. This interactive workshop provides an opportunity for you to gain an understanding of coaching as well as an experience of coaching others. This will allow you to understand and use coaching values and methods in order to have transformational discussions to help move your relationships forward, whether this is in personal life or in business. The workshop is also aimed at helping you learn how to listen more effectively and ask powerful questions.

This session will serve as an introduction of being a coaching leader or to study to become a Practitioner Coach. Our highly acclaimed EQUIPT to Coach (5-day course) and Certificate in Coaching (1 year) can be followed for development as a coaching-leader or as a Practitioner Coach.

**Cost: R 1400 (excl VAT) per person**

Book your place in order to avoid disappointment! Space will be limited.

**Book now!** Phone Mariaan on 021 975 1794 or e-mail  
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