

## Coaching:

**The art of facilitating the performance, learning and development of another person. It is about equipping people with the tools, knowledge and opportunities they need to develop themselves and become more effective.**

This five day course is aimed specifically at business managers, team leaders, human resource practitioners, professionals and individuals who are motivated and intent on growing other's potential, performance and influence.

## Strong Foundation

an accredited provider with the Services Seta (Dec nr 1324)

presents:

### ***EQuipt to Coach***

**a 5-day programme to train in-house coaches**

EQuipt to Coach will assist delegates to build knowledge and understanding of coaching principles, models and process; as well as being coached to understand the process and gain insight into themselves and their coaching styles before they go on to coach others. Interactive and based in real business scenario's. skills are practiced by role-plays and real coaching sessions.

#### Aspects covered in our program:

- Understand what coaching is and is not
- Defining and understanding principles, beliefs, values and ethics that motivate coaching
- Understanding myself, my strengths, weaknesses and blind spots and how this will affect coaching interactions
- Acquiring competence in the coaching process – step-by-step
- Coaching with insight
- Coaching with EQ
- Coaching for strategy
- Coaching in systems
- Understanding different coaching approaches
- Showing competence in a coaching conversation

\*Courses are run with a minimum of 6 participants.

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growing people

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