



Course Code 44-312117-2

Coaching and Mentoring (CAM)

Course Overview

This is a one-day programme for people wishing to add a coaching and mentoring style to their managerial repertoire. It is practical and experiential and offers participants the opportunity to reflect on their predominant management and leadership styles and consider when particular styles are appropriate and when flexing a management style might yield better results.

Who should attend?

This programme is appropriate for all levels but particularly for managers and leaders who are moving from a technical expert role to a line management role.

Topics covered

By the end of the programme, participants will be able to:

- Provide an effective and valuable coach-mentoring resource for their organisation
- Describe the mentoring life cycle
- Follow the T-GROW coaching model
- Plan the initial mentoring meeting
- Explain the TELL-ASK continuum
- Ask open, insightful questions
- Listen with their full attention, without judgement, and without trying to solve the problem for the coachee/mentee
- Self-assess against core coach-mentor skills
- Give and receive good quality feedback

Duration : 1 Day (8 hours in total, assuming an 8-hour day)

