Coaching skills: From theory to practice

What is coaching? Do you have a coaching mindset? Do you realise the importance of coaching in the workplace? Join this one day seminar delivered by an accredited EMCC (European Mentoring and Coaching Council) executive coach and find out! The aim of this interactive seminar is to provide participants with the theory of coaching and its benefits in the workplace. Key coaching skills will be introduced and the most widely used coaching model explained. The participants will have the opportunity to put the theory into practice through one-to-one coaching sessions. The sessions will be observed by an EMCC accredited coach and feedback will be provided.

Who should attend the seminar?

Junior or senior executives who have a team leader role in their organisations and wish to learn how they can apply coaching skills in their everyday discussions, assessments, reviews etc.



