



Coaching Skills for Managers

Managers completing this 1-day course will have an improved understanding of effective coaching techniques available

Staff receiving coaching from their managers will have an improved mental paradigm, and will experience improvements across the board

The ability to coach is an essential management skill and our coaching skills for managers course gives managers and leaders a set of competences they can use daily, to coach members of staff.

This course is delivered by a MSc qualified coaching specialist and includes underpinning knowledge, practical exercises and practise coaching sessions.

Our Coaching Skills for Managers course covers the following key areas:

- Contracting a coaching session
- Personality awareness using MBTI & Kahler's driver questionnaire
- Questioning technique (push-pull type) and enhanced listening skills
- G.R.O.W and Gestalt techniques
- How to effectively reflect on a coaching session

target
training associates

Contact us on **0800 302 9344** or **info@targettrg.co.uk**
for further information and course dates: **www.targettrg.co.uk**

Not everyone can be the best - It's about being the best that they can be