



Continuing professional development

# An Introduction to Coaching

Learn more about coaching and how to utilise the learning and skills in professional contexts to support and develop colleagues and to work towards a coaching culture.

## One day workshop

09:30-16:30

Friday 31<sup>st</sup> March 2017 or

Thursday 25<sup>th</sup> May 2017 or

Friday 23<sup>rd</sup> June 2017

## About the workshop

A one day fully-funded face-to-face workshop which enables participants to build on their skills and experience, learn more about coaching and how to confidently apply their learning in work situations.

During the workshop participants will:

- critically evaluate a model of coaching used in contemporary organisation settings
- critically interpret evidence gathered from an appropriate range of sources, including reflection on practice
- synthesise the underpinning theory of coaching with personal experience and practice
- develop the ability to critically reflect on and inform their own practice of coaching
- have opportunities to engage in practical activities to reinforce and practice coaching techniques and competences.

The workshop will use a variety of activities to meet the needs of different learners. Activities will be differentiated through outcomes and provide opportunity for all participants to apply their learning to their particular contexts.

Participants will engage in pre-course and post-course activities. These will require them to reflect on current and resultant experiences and competences, engage in

participation with colleagues in their own workplace and encourage collaborative working across different roles and responsibilities in order to encourage adoption of a coaching culture.

## Content Overview

- Coaching: themes and definitions
- The difference between a coach and mentor/ manager/ instructor/ counsellor
- An effective coach: skills and characteristics
- Listening skills
- The coaching cycle, skill/will matrix and GROW and TGROW models
- Practical activities
- Pre- and post-course activities

## Location

The workshop will be run at Anglia Ruskin University Chelmsford Campus.

## Who should attend

Any staff who are, or maybe, required to coach staff as part of their normal role.

## Cost

Places are fully funded by Health Education England, East.

## To apply

Click to book: [31<sup>st</sup> March 2017](#), [25<sup>th</sup> May 2017](#) or [23<sup>rd</sup> June 2017](#).

## Further information

Contact Mpowernet at Anglia Ruskin University  
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