

Coaching Skills Certificate

2 day program

Experience what it's like to be an executive coach and begin to understand the power and success of coaching.

This two-day programme will introduce you to the principles and practice of coaching. Not only will you learn how to use an effective four stage model that will allow you to begin coaching right away, you will also discover what kind of coaching is right for you.

Programme Content

You will have access to expert tutor input from an experienced Executive Coach, and you will also receive expert and peer feedback as you test your "coaching wings" in small practice triads: coach - coachee - observer. Coaching skills are not just for the workplace - they have positive effects on all aspects of your life. You will enjoy improved communication with friends, family, colleagues as well as helping clients.

This programme is the gateway to our suite of highly accredited coach development programmes - your first step in becoming a professional coach.

Discover and learn

Is coaching for me?

The Coaching Skills Certificate will allow you to experience coaching first-hand to help you decide whether you wish to train further in coaching and proceed onto our Practitioner in Executive Coaching Diploma. It is perfectly suited for both those who are looking to take their interpersonal skills to the next level as well as those considering integrating coaching into their work or embarking on a career as an executive coach.

What kind of coaching is right for me?

Reflect on and discover your personal coaching style and type of coaching you most enjoy (e.g. life coaching, career coaching, business coaching, performance coaching or transformational coaching)

Do I have what it takes to be a great coach?

If this is a whole new area for you then you'll be able to explore further whether this is a good career choice for you and to talk to a highly qualified coach as part of the process.

So, if you are completely new to coaching, then this programme is for you.

We offer the Coaching Skills Certificate as an in-house program.

Delivered as an in-house program for your organisation we have the option to supplement the accredited certificate course to further meet your needs.

Please contact James to start a conversation:
james.woodeson@aoec.com

What's involved?

Over two carefully structured days you will:

- Examine some of the definitions of coaching
- Look in detail at the differences between coaching, mentoring, counselling, training, managing, consulting and life coaching
- Develop your four essential coaching skills:
 1. Listening
 2. Questioning
 3. Reflecting back and mirroring
 4. Paraphrasing and summarising
- Discuss the powerful GROW model and its applicability
- Receive expert tutor input from an experienced Executive Coach and feedback from your peers as you practice

Who is this course for?

Anyone who would like to:

- Learn about coaching
- Develop existing skills
- Improve their management technique
- Become more efficient in the workplace or motivate others

People on previous courses have included:

- Managers
- Human Resource individuals
- Leadership and Development roles
- People in employment transition
- Small business owners
- Employers that have been requested to attend by their managers
- Individuals looking to become a coach or add coaching to their own business