

Young Professionals Coaching Skills

A Brighter Future

Become more independent and resilient in the workplace. Begin to understand the power and success of coaching and learn about yourself along the way.

Typically, coaching skills development opportunities are offered at a more senior level in organisations. We believe that offering coaching skills to young professionals entering, or already in an organisation, will increase motivation, team communication and aid connection with purpose. It will also offer a useful support network and inspire further learning which will benefit both the individuals and the organisation.

Is this for me?

- ▲ The Young Professionals Coaching Skills Certificate will allow you to experience coaching first-hand.
- It is perfectly suited for those aged 18-30 who have recently joined the working world.
- ◆ It is also ideal for anyone looking to take their interpersonal skills to the next level as well as considering integrating coaching into their work.

The Young Professionals Project is run for groups within an organisation.

If you have a group of young professionals that would benefit from developing their interpersonal skills and becoming the best that they can be in the workplace then contact us to discuss.

To talk through the details of our programmes and how we can help you, please contact: Sue Burston
sue.burston@aoec.com

This two-day programme will introduce you to the principles and practices of coaching. Not only will you learn how to use a four-stage model of coaching, you will raise your awareness of who you are at home, with your friends and in the workplace. Enabling you to have the awareness and tools to perform at your best.

Structure of the course

- The programme is a kick-start to learning about how to bring out your best self as a professional and using coaching skills to get there.
- ▲ It is two **non-consecutive** days - allowing you to practice and consolidate what you've learnt in between.
- It is an experiential, hands-on course.
- ◆ It's available as an in-house programme.

