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Duration: 1 Day

### Course Overview and Objectives

Coach, Role Model, Counsellor, Supporter, Guide...do these words ring a bell? Being a coach involves being a role model, sometimes a counsellor or supporter, and always a guide.

Coaching is based on a partnership that involves giving both support and challenging opportunities to employees.

Knowing how and when to coach is an essential skill that can benefit both you and your organisation.

This one-day workshop will help you become a better coach in all senses of the word.

## Coaching Skills for Managers and Supervisors

Module 1: Defining Coaching

Module 2: Interpersonal Communication Skills

Module 3: Self-Disclosure

Module 4: Critical Coaching Skills

Module 5: More on Communication

Module 6: Learning Styles and Principles

Module 7: Benefits/Consequences

Module 8: Skills Involved in Coaching

Module 9: The Coaching Model

Module 10: Feedback

Module 11: Coaching Problems

SAQA US ID: 113909 - Coach a team member in order to enhance individual performance in work environment