

Coaching Toolkits

Building your toolbag of key coaching tools

Coaching in the workplace is not just about applying tools such as GROW or the CIGAR. Coaching is about having a whole suite of tools and techniques available when the issue being discussed requires it.

This workshop is designed for managers to build on their basic understanding of coaching. They will be introduced to a range of coaching skills, tools and techniques that will prove invaluable in the coaching process.

As well as equipping managers with a range of creative and empowering approaches, the workshop will offer tips, ideas and perspectives to ensure managers have the confidence and ability to skilfully handle many coaching situations. This workshop will also include the all important skill of open and non-direct questioning techniques.

A large toolbag of tools is critical to a successful coaching intervention. Managers will not only learn the tools to use but also when to use them.

Topics Covered

Specific topics will include:

- **Working with conscious perception**
- **Linguistic skills**
- **Web resources**



- **Tools for change**
- **Positive interventions**

This workshop can stand alone and is also designed to follow the introduction to coaching workshop if required.

Patrick Lund



Patrick has a strong background in the private, public and third sector and incorporates a range of coaching and psychological approaches to enable individuals to maximise their performance and utilise their full potential.

He has worked in education, community development and management consultancy, and has a unique blend of styles for developing people with integrated approaches to personal and corporate wellbeing.

Patrick has an underpinning belief that the more an individual learns about their own preferences, aspirations, motivations and areas for development, the greater their performance will be. From individual and team analysis, through to leadership development, he is skilled in the use of such interventions to provide measurable results.

Patrick is a qualified counsellor and trained in the use of solution focused models, skilled helper approaches and transactional analysis.

Qualifications

- Certificate and graduate diploma in counseling
- TA foundation certificate in psychotherapy
- Diplomas in both life and performance coaching
- NLP practitioner