

# Exploration of the Coaching Model

## Key Coaching Skills

For individuals that are looking to develop or improve their coaching skills it can be difficult to know where to look. This workshop will equip individuals with the key skills required to start the coaching relationship with other employees.

This workshop is designed to fill the gap for individuals who know about coaching and have a basic understanding of it and apply it into the workplace. Managers that wish to take their coaching approach to the next level and apply more advanced tools and techniques to help them with their coaching success should take a place on this workshop.

As coaching becomes more and more a key skill within the workplace this workshop is essential to develop your people as coaches and as mentors to help them manage their people more effectively.

### Topics Covered

- **Basics of good coaching**
- **Example of a conversation using coaching techniques – by trainer and one other**
- **Coaching role play and co-coaching activities**
- **Trainer gives advice and feedback during the process**

### Learning Outcomes

- **Delegates will be able to witness a good one to one utilising the coaching model**



- **Delegates will have the opportunity to put this into practice and be on the receiving end with the benefit of feedback and the opportunity to make live changes**

This workshop is designed for individuals looking to take their already capable coaching skills to the next level. The programme will allow individuals to start coaching other people around them not just their direct reports. The workshop is suitable for all middle and senior managers.

### Katie Day



Katie is a qualified Executive coach and guest lecturer of Business Etiquette at Warwick Business School, she is highly regarded in the fields of Equality, Personal Branding, Cultural Awareness and Corporate Social Responsibility.

Her background is predominantly in global banking, working with the European Bank for Reconstruction and Development from 1995 to 1999 running self development courses and guiding the Bank through the maze that is Diversity. In 1999 Katie joined Business in the Community working primarily with London city clients on Diversity issues, specialising in gender diversity. Katie also worked with clients on their corporate social responsibility agenda for 6 years.

Katie's clients include Kent County Council, The Bank of England, The National Archives and Inmarsat Global.

Equally as comfortable with small and large corporate organisations Katie brings a down to earth approach to very tricky subjects. She is passionate about bringing positive change to all individuals whatever their background.

Katie also has qualifications as a personal development trainer and image consultant.