



Coaching & Mentoring

Overview

In this session we will explore the world of coaching and mentoring. Looking at both elements and how they differ and thinking how they can fit into your culture. We will spend some time looking at the differences and focusing on some of the theories/models that can be applied when coaching and mentoring people.

Course Content

The session will allow individuals to :-

- develop a practical, working definition of coaching and mentoring.
- understand the rationale for using coaching and mentoring in management and leadership
- look at coaching theories for performance to help individuals improve at work
- look at mentoring theories and how these can be applied in the workplace