

## Understanding Good Practice in Workplace Coaching

### INTRODUCTION

This one-day course will help delegates understand the purpose of workplace coaching and help develop their coaching skills to develop their role and responsibilities in the workplace. This course will help understanding of effective coaching in the workplace and consider the process and content of coaching.

### COURSE OBJECTIVES

- By the end of the course, delegates will:
- Understand the purpose of workplace coaching
- Understanding the context for effective workplace coaching
- Understand the process of effective workplace coaching
- Recognise potential barriers to coaching in the workplace and develop suitable strategies to overcome those barriers.

**COURSE DURATION:** 1 Day Course

Equivalent to ILM Level 3 unit  
Value of 3 Credits



### COURSE CONTENTS

- Nature and role of coaching in the workplace
- Behaviours required by a workplace coach
- Development goals that can be met through coaching
- Exploration of the coach and line manager responsibilities
- Promote equality of opportunity
- Importance of confidentiality in coaching practice
- Hazards and risks associated with the environment to ensure a safe environment when coaching
- Learning styles
- Barriers
- Strategies

Personal Development Action Plan

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