

## Coaching Foundations

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*What is coaching? What core principles and skills underpin effective coaching practice?*

*How can I apply coaching skills to support the performance, development and wellbeing of others?*



Coaching is a respectful, person-centred way of working with people that helps them to find enhanced clarity, direction, focus, motivation, and a sense of renewal as they move towards their goals. As well as being a tool that can enrich your own individual professional development, many people who learn coaching find that it also impacts on their own personal growth and effectiveness. This workshop will equip participants with essential coaching skills and principles that can be applied to support the performance, development and wellbeing of others.

The session will cover:

- What is coaching?
- The spirit of coaching.
- The aims of coaching.
- How to structure a coaching conversation and engagement.
- Opportunities to apply coaching skills in a real-life helping conversation.
- Contracting for coaching conversations.
- How to continue to develop your own practice as a coach.