

Coaching and Mentoring Workshop

The Coaching and Mentoring training workshop focuses on how to better coach your employees to higher performance. Coaching is a process of relationship building and goal setting. How well you coach is related directly to how well you are able to foster a great working relationship with your employees through understanding them and strategic goal setting.

Workshop Objectives:

- Define coaching, mentoring and the GROW model
- Identify and set appropriate goals using the SMART technique of goal setting
- Identify the steps necessary in defining the current state or reality of your employee's situation
- Identify the steps in developing a finalised plan or wrapping it up and getting your employee motivated to accomplish those plans
- Identify the benefits of building and fostering trust with your employee
- Identify the steps in giving effective feedback while maintaining trust
- Identify and overcoming common obstacles
- Identify when the coaching is at an end and transitioning your employee to other growth opportunities
- Understanding the difference between training, mentoring and coaching



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