



Nine Teaching

Workplace Wellbeing: Coaching Skills Masterclass **Coaching for Growth Series: For Organisations**

Mastering the art and developing the skills of coaching inspires others to improve work performance, enhance leadership skills and facilitate personal growth.

The Coaching for Growth Masterclass is a one -day intensive training event, which focuses upon the identification of core coaching skills, and how these can be incorporated into existing competences to develop leadership skills. Developing skills in coaching inspires you to motivate, others and stimulate self-directed learning. The masterclass consists of direct teaching, experiential learning, and skills practice.

The coaching masterclass offers an opportunity to develop a coaching skill-set with the added value of providing a self-development experience. Delegates will also develop resources to enhance their own and others performance in the workplace.

The outcomes of a Coaching Masterclass are:

- *To define what coaching is and how it differs from mentoring & other related activity*
- *To transform existing skills into coaching skills*
- *To facilitate yourself & others in exploring values & re-discovering purpose*
- *To learn skills to motivate others*
- *To identify a significant personal/professional goal and a plan of how to achieve it, by utilising a theoretical coaching model*