
Coaching & Facilitation Skills

Course Code

SSBS147

Duration

2 Days

Format

Classroom | Virtual

Overview

This practical and engaging course will give participants a solid understanding of a coaching and facilitation process. Attendees will discover the importance of goal setting, clarifying outcomes, maintaining direction and establishing ground rules. Attendees will leave with lots of tools they can use immediately to help them coach and facilitate effectively.

Objectives

On completion of this course attendees will be equipped with the tools necessary to effectively coach and facilitate.

Content

- What is coaching and facilitation?
- The coaching process
- Building rapport
- A coaching model
- GROW
- Key coaching/facilitation skills: Listening, Asking powerful questions, challenging limiting beliefs
- Directive/non directive coaching
- Conducting a facilitated session
- Identifying a facilitation methodology to match the situation
- Modes and techniques of facilitation
- Skills practice & feedback

Who Should Attend

This course is designed for anyone who wants to develop their coaching and facilitation skills.

Prerequisites

There are no prerequisites for this course.