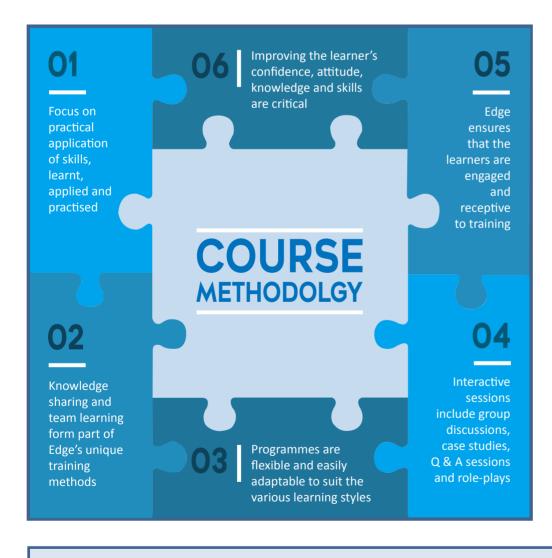


## WORKSHOP OUTLINE

- Understand the difference between coaching and mentoring
- Prepare to coach or mentor
- Analyse the key elements in the communication process
- Recognise the barriers to effective communication
- Identify non-verbal codes
- Apply listening skills
- Assess the benefits of mentoring
- Understand the coaching model and process
- Prepare a personal development plan



## **OBJECTIVE**

By the end of this course you will be able to explain the difference between Coaching and Mentoring with a focus on the key elements to success in both areas. An assessment to enable you to evaluate your ability to take on a role of a mentor will be completed and an overall look at team motivation will round off the course.

## **EDGE TRAINING CONSULTANCY**

With over 18 years of Human Development training experience, Edge Training has a Level 2 BBBEE Scorecard, a National Footprint and Full Accreditation with Services SETA. Together with our BEE partners, we are committed to solving BEE related Skills Development Challenges in a meaningful way. Whether an Accredited Short Course, a Behaviour Changing Workshop or a Learnership, our highly skilled and dedicated team can offer you a solution. We source the learners and manage all the necessary requirements for disabled and unemployed learnerships. Most of our learnerships and Workshops are also offered as online courses.

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