



## A COACHING AND MENTORING WORKSHOP

### A CUP WINNING COACH

 087 135 5543

#### 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

01

Focus on practical application of skills, learnt, applied and practised

06

Improving the learner's confidence, attitude, knowledge and skills are critical

05

Edge ensures that the learners are engaged and receptive to training

### COURSE METHODOLOGY

02

Knowledge sharing and team learning form part of Edge's unique training methods

03

Programmes are flexible and easily adaptable to suit the various learning styles

04

Interactive sessions include group discussions, case studies, Q & A sessions and role-plays

#### 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 BBEE 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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**CHANGING LIVES**