

Coaching for performance – programme

Objectives

- To understand the principles behind coaching and why it is useful in working with students and adults.
- To clarify the differences between coaching, mentoring and counselling.
- To make the skills of coaching explicit, to use coaching skills and experience the benefits of coaching.

What is coaching?

Coaching is a process that helps us to:

- identify and clarify issues
- solve problems
- commit to action
- develop skills, motivation, confidence and self-esteem.

