

# Coaching Steps

## Two Day Workshop

### Coaching Foundation, Tools and Techniques

- Through the use of critical reflection we'll help you understand and develop your own coaching style and create a sustainable coaching mindset.
- We'll explore the differences and similarities between coaching, training, mentoring and counselling and help you understand when is the right time to use each framework.
- We'll give you some simple coaching tools and techniques to use whilst practicing coaching and being coached in real time.
- Drawing from a wide range of approaches in the field including Coaching Psychology, Positive Psychology, Adult Learning, Human Potential and Sports we'll help you understand which tools you're suited to, and when to use them to get great results.

Optional Coach the Coach sessions are recommended to further embed learning and supervise the participants coaching in the workplace

[Request further information.](#)

Steps  
leaders