

## Rhema Performance Management Courses

**Course Title:** Coaching Skills

**Duration:** One Day

### Course Objectives:

As a result of this course you will be able to:

- Understand your people development role
- Identify your coaching strengths and development needs
- Build trust and create effective coaching relationships
- Respond to coachees' learning styles effectively
- Use coaching skills to improve and develop your people's performance

### Course Content:

- The need for people development
- Creating a learning environment
- Your people development role as a manager; what type of coach are you?
- Establishing a coaching relationship; the importance of trust
- The coaching process
- Planning and structuring coaching sessions
- Different learning styles and how to respond to them
- Coaching to help people solve their problems
- Coaching to grow people's knowledge and skills
- Following up coaching sessions