
The Manager as Coach Programme

Who is this programme for?

This programme is suitable for experienced managers and leaders who wish to further develop their leadership skills and knowledge in the field of coaching.

This programme is also suitable for organisations wishing to establish a coaching culture or establish coaching as an internal development tool.

Benefits for the individual include:

- building a strong foundation of core coaching skills and competences from which to build future development as an effective internal coach.
- an appreciation of the organisational context and environment including operational and ethical considerations for the internal coach.
- developing skills, knowledge and tools which can shift team and organisational performance based on current thinking and best practices.

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Programme Content

This 2-day programme consists of the following modules :

Coaching Theory

- What is Coaching?
- The Origins of Coaching
- Coaching as a Learning Tool
- Alternatives to Coaching

Learning to Coach

- Principles of Coaching
- Coaching Skills and Competences
- Personal Skills Assessment

Developing Coaching Skills

- Rapport and Trust
- Importance of Body Language
- Effective Listening Skills
- Coaching Questions
- Practice Coaching Sessions

Coaching Tools and Techniques

- GROW and OSCAR Framework
- Self-Limiting Beliefs and Reframing
- Perceptual Positions
- Practice Coaching Sessions

Internal Coaching in Organisations

- Developing a Coaching Culture
- Manager as Coach - Operational Challenges
- Manager as Coach - Organisational Benefits
- On-going Development as a Coach
- Personal Action Planning

Programme Delivery

Our programmes are delivered by qualified and accredited tutors with real business experience.

Our learning delivery is highly interactive, practical and facilitates immediate implementation of skills and knowledge back into a working environment.

We use a variety of learning methods and media to suit every learning style. We also encourage further research and reading beyond the programme to encourage self-development.

Although there is no formal assessment, we suggest full attendance and participation in all programme modules.

On completion of the Development Programme, delegates will receive a Certificate of Achievement.

Learning Resources

Delegates on this programme are provided with ILM studying membership for 1-year to enable their continuous development.

This membership provides access to a wide range of learning resources, development and assessment tools as well as access to ILM research and news.

Our programmes are designed...

- to provide specific skills, knowledge and behaviours to support your development as an individual.
- to share contemporary and best practice theories and models to support leadership development.
- to be learner-centred and flexible to specific learning needs.
- to be challenging, thought-provoking, inspirational and fun with highly participative sessions to enrich your experience.
- to be delivered through a variety of media to appeal to all learning styles and preferences.
- to avoid rigidity in delivery and timings and be flexible to learner pace and needs.
- to create a learning environment of honesty, integrity and confidentiality.



Two Sixty Ltd. Registered in England No: 5766631

About Us

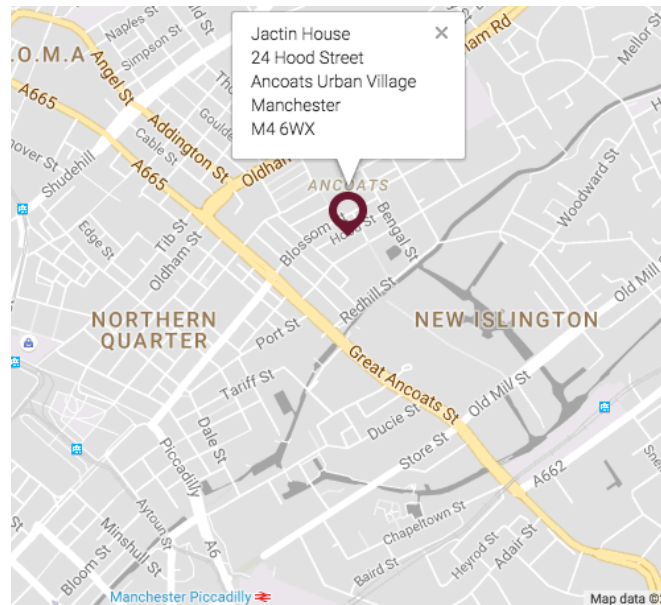
Two Sixty is a training and coaching company established in 2006 providing learning and development solutions including workshops, development programmes and business and executive coaching.

We have experience working across a number of industries and sectors including FTSE, SME, Public Sector (including NHS and Education) and Third Sector organisations.

We believe learning should be inspirational, challenging, fun and sustainable.

Our location:

We have offices in central Manchester but also deliver our services across the UK and Internationally.



Our Clients



Our credentials

We are members of the following professional organisations:

CIPD (Chartered Institute of Personnel & Development)

MAC (Association for Coaching)

ILM (Institute of Leadership & Management).

Contact us

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