

# Foundations of Coaching & Mentoring Training Workshop



CIVIL SERVICE

**NHS**

North West



North West

**JULY 5TH 9AM-12.30PM @ 4 PICCADILLY PLACE, MCR**

Coaching and mentoring are extremely useful support mechanisms in today's workplace. They deal with discovery and transference.

A coach can help a person discover and release untapped capability by supporting them to focus upon who they are and what they want to be. A coach will build awareness, responsibility and self-belief with their clients.

Mentoring encompasses the systematic transference of existing knowledge or experiences to others to support skills development.

This session will cover the foundations of coaching and mentoring, leaving the participant with a solid introduction and an opportunity to be introduced to the two processes. A certificate will be available from MMU on completion of training.



Coaching and mentoring can both help to explore the needs, motivations, desires, skills and thought processes to assist an individual in making real, lasting change. This can really help to increase *your* choices going forward.

In a period of sustained change many organisations are looking to build a coaching culture that provides a supportive environment to develop people and grow them and the business at the same time. Brush up on existing skills, develop new, supporting staff using coach-mentoring techniques or gaining non traditional community mentoring experience.

This is part of a series of support workshops and opportunities for civil service DH and NW NHS staff. The aim of which is to provide training, increase knowledge and to support staff to practice skills to further develop themselves and their colleagues within the current climate.

The session is part of an ongoing series of training and learning events supported by MMU, the FDA, MiP and Third Wave Community Engagement.

Through participating you have a chance to be coached & mentored or to support someone as a coach mentor. We are also offering mindfulness courses & action learning groups.

**For more information or to book please**

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