

## COACHING AND MENTORING TRAINING

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Coaching and  
Mentoring



**COURSE LENGTH: 1.0 DAYS**

Through our Coaching and Mentoring training course, new Mentors will learn effective strategies that build trust, rapport and break down the obstacles for growth in their staff.

This Coaching and Mentoring training course will empower you with the behavior, knowledge and skills to help develop and motivate others in a constructive manner. With the use of efficient coaching and mentoring skills, you can help boost an individual or team's overall performance.

Join a coaching and mentoring training class today, or have a trainer come to your workplace in Hong Kong.

This Coaching and Mentoring training course can be delivered at your premises by one of our expert local or international trainers or live online using our HIVE technology.

Contact us today for a quote.

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## COACHING AND MENTORING TRAINING COURSE OUTLINE

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### FOREWORD

In today's environment of changing technology and evolving organizations, coaching can create a strong competitive advantage. It provides continuous learning and develops people to meet current and future needs. Business mentoring and coaching is an investment that you make in developing your key resource people for the long-term benefit of the organization.

About 6 out of 10 (59%) organizations currently offer coaching or other developmental counselling to their managers and executives, according to a nationwide survey of more than 300 companies conducted by Manchester, a human capital consulting firm. Another 20% of organizations said they plan to offer such coaching within the next year.

Productivity happens when managers can develop strong relationships with their employees. Executive coaching builds the capability of managers to help their employees with the intangible elements of human relationships. This Coaching and Mentoring Training program will help you turn performance management into a collaborative process that benefits everyone.

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### OUTCOMES

#### In this course participants will:

- Understand the G.R.O.W. model and apply it
- Learn to set appropriate, effective goals using the S.M.A.R.T. technique
- Learn how to recognize the current state or reality of an employee's situation
- learn to identify coaching and mentoring options for your employees, creating a preliminary plan with action steps
- Learn how to develop a complete plan, including motivational opportunities to drive accomplishment
- Understand the importance of building & fostering trust with employees
- Master the art of giving effective feedback while maintaining trust
- Recognize & overcome common obstacles that are holding employees back
- Know when it is the right time to stop coaching an employee
- Learn to continue to transition an employee to other opportunities for continued growth

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### MODULES

#### Lesson 1: Getting Started

- Workshop Objectives

#### Lesson 2: Understanding Coaching and Mentoring

- What is Coaching?
- What is Mentoring?

- The similarities between Coaching and Mentoring
- The differences between Coaching and Mentoring

### Lesson 3: Coaching and Mentoring using REACH

- Understanding my style

### Lesson 4: Building an Effective Coaching Relationship

- Building Trust

### Lesson 5: The GROW Coaching Model

- Introducing the GROW Model

### Lesson 6: Coaching Skills

- Setting Goals
- Listening Skills
- Questioning Skills
- Feedback

### Lesson 7: Adapting the GROW Model for Mentoring

- Advantages of Mentoring

### Lesson 8: The Mentoring Process

- Mentoring Model

### Lesson 9: Wrapping it Up

- Creating an Action Plan

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## WEB LINKS

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- [View this course online](#)
- [In-house Training Instant Quote](#)