



2 Day Coaching Workshop Programme Generic Outline

Day 1

- 9.00-9.30 Welcome, introductions, expectations exchange, workshop objectives, methods of working, ground rules
- 9.30-10.00 Exploring the context:
■ participants' role in coaching
■ definitions and experience of coaching
- 10.00-10.45 How to develop the skills and qualities of an effective coach
- 10.45-11.00 Refreshments
- 11.00-11.30 Introduction to the GROW model of coaching
- 11.30-12.45 Demonstration of the model ; conversation and feedback
- 12.45-13.00 Exploring GROW
- 13.00-13.45 Lunch
- 13.45 –14.20 Thumbnail Exercise
- 14.20-15.40 First participant application of model in trios: - coachee, coach, & observer. (45 minutes coaching; 20 minutes feedback, discussion reflection; 15 minutes plenary review). Refreshments in session
- 15.40-16.0 Review of the day

Day 2

- 9.00-9.30 Group reflection on Day 1
- 9.30-10.0 Follow-up to demonstration of the model
- 10.00-11.20 Coaching Practice (second application of model) Refreshments in session
- 11.20-12.00 Group exercise
- 12.00-12.30 The language of coaching
- 13.00-13.45 Lunch
- 13.45-15.05 Third application of model as above
- 15.05-15.30 Learning review, evaluation & close