

What does it involve?

This program uses the NLP toolkit in the coaching process. It includes the latest innovations in the field of coaching that will assist you in gaining the skills necessary to coach employees in any type of business.

Live interactions with both the trainer and others and a lot of exercises with the rest of the participants that will pose as your coaching clients are some of the things that make this program a great opportunity for people to use their skills. The program will explain amongst other things the following:

- Meta Model.
- Milton Model.
- Reframing.
- Benefits of coaching.
- Coaching vs training.
- The use of metaphors.
- Effective coaching skills.
- Personal action planning.
- Practical coaching exercises.
- Values Elicitation & Utilisation.
- Well Formed Outcome Questions.
- Meta Mirror (Perceptual Positions)
- Golden rules of feedback and handling reactions to feedback
- Questioning to promote discovery, acknowledgement and permission