



# **THE CUP WINNING COACH**

## **A COACHING AND MENTORING WORKSHOP**



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### WORKSHOP OUTLINE & OBJECTIVES

- Understanding the new workplace and the role of Mentoring
- Identifying the differences between coaching, counselling and mentoring
- Skills and qualities needed for effective mentoring and the benefits of mentoring
- Identifying and overcoming obstacles to mentoring
- The mentoring model and developing mentoring plans
- Performance analysis and coaching applications
- Creating a coaching environment
- Theories of motivation and empowering individuals to greater levels of performance
- Creating change through the coaching model

### WORKSHOP SCHEDULE

- 08:30 Registration & Coffee
- 09:00 Workshop Commences
- 10:30 Morning Refreshments
- 13:00 Lunch
- 15:00 Afternoon Refreshments
- 16:00 Workshop Ends

### COURSE METHODOLOGY

This workshop is conducted with maximum use of practical application of the skills acquired. Participants will, both by themselves and in groups, work with role plays, problem solving, case studies and unique training exercises to ensure they acquire, reinforce and retain newly acquired skills, attitudes and characteristics.

### EDGE TRAINING CONSULTANCY

Edge Training is an Accredited Training Provider with the Services Seta, Accreditation #1135. Edge is a Level 2 BBBEE Company with over 15 year's Human Development training experience in and around Southern Africa. Edge is able to provide training throughout South Africa with a National Footprint of Agencies.

Edge Training Consultancy CC Fully Accredited Training Provider BEE Level 2

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Tel : 087 135 5543 Fax : 086 600 9705 info@edgetraining.co.za

[www.edgetraining.co.za](http://www.edgetraining.co.za)

