COACHING TOOLKIT

‘Coaching is unlocking a person’s potential to maximise their own performance. It is helping them to learn rather than teaching them.’


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LEADERS AND MANAGERS AS COACHES

This short video explains why coaching is such a powerful tool for leaders and managers.
(5 mins)

COACHING RESULTS

This online learning from LinkedIn learning will introduce you to three basic types of coaching: to improve performance, develop careers and encourage high performers.
(60 mins)

COACHING 101

This interactive e-learning course provides an introduction to coaching as a development tool. Using a range of examples, scenarios and challenges, it is the ideal starting point to begin building your coaching skills.
(60 mins)

COACHING SKILLS SELF-ASSESSMENT

Use this reflective tool to assess your current skills in the four key coaching skills areas.
(15 mins)

THE GROW MODEL

This article will introduce you to the GROW model - one of the most popular and widely used models of coaching.
(3 mins)

THE SKILL/WILL MATRIX

This article introduces the skill/will matrix tool to help you assess your coachee and adopt the most appropriate style.
(5 mins)