

Online Course

Introduction to Coaching

This course is designed to introduce people to coaching skills and how a coaching approach can be used in their professional and personal life to-

- Self coach
- Move people toward solutions
- Recognise thinking patterns
- Gain insight into what motivates us
- Understand and navigate through conflict

Course Content

Week 1 The Coaching Approach
Solution Focused Coaching Conversations
Presence

Week 2 Introduction to the GROW model
Thinking Traps and Self Awareness
Managing Personal Boundaries

Week 3 Coaching and Conflict
Tools to help us lean into conflict

Participation in this course can be used in applying for EMCC Coach accreditation

When: Monday evening from 19.00 to 21.00 commencing **March 11th**

Cost: 90euro

Register: <https://forms.gle/SbzH8721nsokuHdw8>

For further information on accredited coach training at www.edeliagroup.com
email: query@edeliagroup.com **Phone:** 0872860358