

# Effective Coaching and Mentoring

Wednesday 20th  
June 2018

09:30–15:30

Dickinson Centre,  
Middle Park Way,  
Leigh Park, Havant,  
PO9 4DQ

£80 voluntary  
groups; £115 others

Effective staff development is essential both for the long term success of the organisation and for the well-being of staff.

Happy, engaged employees are more committed, enjoy their work more and contribute more to the bottom line.

This interactive workshop will give you the basic skills and confidence to start coaching and will explain when to coach and when to mentor.

Learning outcomes -  
In this workshop we will:

- Explore the difference between mentoring and coaching
- Practise using the GROW coaching model
- Develop our listening skills
- Create a list of powerful questions
- Explore how to overcome common barriers to personal change



If you would like to attend this session, please contact Community First,  
telephone: 0300 500 8085, or email [bookings@cfirst.org.uk](mailto:bookings@cfirst.org.uk)  
You can also book online at: <https://www.cfirst.org.uk/training/booking/>