



ADVANCED COACHING PROGRAMME FOR SCHOOL LEADERS

Course Aim

A course that builds on the coaching basics to focus on enhancing the coach's self-awareness and skills, refining practice and developing robust structures for building a coaching culture within school.

Course Objectives

By the end of the three day coaching training, the participants will have:

- ✓ A greater awareness of self through understanding preferred behaviours
- ✓ An understanding of simple human psychology using the cognitive behavioural models
- ✓ Refined coaching skills using known coaching models
- ✓ Acquired a range of coaching approaches, tools and methodologies
- ✓ Increased their confidence as a coach
- ✓ Clarity on the best use of coaching within their setting

Course Overview

Understand coaching

- What is coaching to you?
- Discuss facts and misconceptions about coaching
- Learn the basic skills of effective coaching

Key principles of self-awareness

- Focus on the importance of self-awareness in coaching and leadership
- Explore DISC® Personality Preferences
- Understand the Johari Window
- Explore a simple psychological model
- Learn about our thinking – deletion, distortion & generalisation

Using coaching tools

- Study the power of values
- Understand the importance of language and vocabulary
- Explore the use of metaphors
- Experience models GROW & SPEAR coaching models in coaching triads

Coaching relationships

- Understand relationships using Transactional Analysis
- Explore Karpman's Drama Triangle

Using in coaching in schools

- Explore the effective use of coaching in a school environment
- Create awareness of structures, boundaries and impact of coaching
- Know the 10 steps to embedding effective coaching practice

Every delegate will receive a coaching book, ilm certificate, a 17 page DISC® Profile and a colour printed workbook with tips, techniques and space for personal notes with intersessional tasks.