



Professional Personal Development Training

Free Choices

Coaching & Mentoring

Coaching and mentoring both offer approaches, which provide guidance and motivation to improve performance and achieve professional or personal goals. These identify possible ways to reach desired aims, resolve difficulties or enhance specific skills, knowledge or experience.

Coaching involves clarification of needs and goals. Practical techniques, skills and specific abilities are developed, which can effectively be utilised, in order to

meet specific requirements and achieve business, group or individual aims.

Mentoring is offered by a highly experienced and knowledgeable individual, who is able to provide instruction, information and support to others. The focus of which, is enhance an individual's personal and professional development. A mentor acts as a role model, advisor and guide who is able to inspire, motivate and advance his/her mentoree

Programme Brief

The Free Choices Coaching & Mentoring Trainers will work with you to develop your knowledge, emotional intelligence and practical skills enabling you to:

- ✓ Develop a clear understanding of the coach and mentor role
- ✓ Utilise your individual coaching & mentor style
- ✓ Develop your practical coaching & mentor skills and strategies
- ✓ Draw out and build your individual strengths
- ✓ Motivate and inspire others
- ✓ Enhance your coaching and mentor potential
- ✓ Work with approaches for positive and creative Coaching and Mentoring

Delivery of the Training

Training will be interactive using an experiential approach to promote engagement, motivation and significant learning or change. Focus will be on developing participant's awareness, building professional competencies, as well as, understanding the daily practical application of the knowledge and skills learnt.



Contact us to find out more about our
training programmes