

Coach and Be a Mentor

Effective coaches and mentors are able to use a range of useful models to ensure that their coaches builds their skills or sets themselves up for ongoing career success. Join this session to learn more about how to prepare for a coaching session so that you build trust and overcome resistance. Develop your skills as a coach so that you have a high level of emotional intelligence and you are able to select from a range of frameworks depending on the situation: Make use of the GROW and GAPS models to set goals and develop and explore options. Use the DEDICT model to impart skills and ensure workplace application.

[Click here](#) to access the video overview.

Snapshot

Duration: 90 minute

Learning Outcomes

- Identify the similarities and distinctions between coaching and mentoring
- Utilise the GROW model for effective coaching programs
- Understand how to apply situational leadership to ensure effective management

Course Outline

- GROW model
- Goals / Reality / Options / Will
- Situational Leadership
- GAPS Model
- Mentoring