

Coaching: The Finer Points

Purpose:

To explain some key coaching principles

Materials: Marker pens and flip chart paper

Time required for session: 25 minutes

Introduction to the participants:

- *This session aims to introduce some key principles for coaching*

Activity

Ask the group what they think the difference is between a 'mentor' and a 'coach'.

Note contributions on the flipchart. Through the discussion, try to clarify the different roles.

Either: Ask the group to draft their own principles for good coaching

Or: Cover the main points of the 'Eight key principles of good coaching' handout in a quiz format

Distribute handout: "What is the difference between a Coach and a Mentor?"

A Note on Record Keeping

This is stressed as a key principle. To assist with this, we have provided the Learner Development Plan. Coaches can use copies of this after each coaching session to record the main points discussed. The Greater Expectation project only requires three copies of this over the life of the project – **this should be edited by the coach and learner so that all content is sent out with the consent of the learner.**