

Introduction to Coaching and Mentoring for the SAS Doctor

Zoom Online Interactive Workshop

1st December 2020 - University Hospitals of Derby and Burton

By the end of today you will be able to:

1. Describe the similarities and differences between coaching and mentoring approaches.
2. Apply a coaching model to structure coaching conversations.
3. Adopt a 'progress focused' approach
4. Demonstrate enhanced active listening, appropriate questioning, reframing, summarising/reflecting to enable non-directive, empowering and dynamic dialogue within a coaching/mentoring framework.
5. Build rapport and respectfully challenge assumptions, perceptions and limiting beliefs to enable wider perspectives and generate more options.

Facilitator

Sarah Johnson

Organisational Development and Leadership specialist. Sarah works across the NHS in her OD capacity, also undertaking individual and team coaching. Sarah believes that having the right conversations in the right way creates a culture of growth, empowerment and engagement.

Sarah is qualified to masters level (ILM Level 7 Certificate for Executive and Senior Level Coaches and Mentors) and is the programme lead for delivery of this qualification for others.

We offer a wide range of programmes and growing bank of online resources and reference guides accessible on our DoctorsTraining site.

Programme

Start 09:30 (Doors open at 09:25)

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| 0930 | Introductions and expectations
Coaching & Mentoring conversations explained.
Model to structure dynamic and progress focused conversations |
| 10:45 | Coffee break |
| 11:00 | Core skills explained, demonstrated and practised |
| 12:30 | Lunch break |
| 1:15 | Being a critical friend, balancing support and respectful challenge
Overcoming blocks & limiting beliefs |
| 14:45 | Tea |
| 15:00 | Practical – coaching conversations in small groups |
| 16:00 | Reflection and evaluation |

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