

Anushikshan- Workshop on Coaching and Mentoring Skills

Training Content:

Day1

- Introduction and Workshop Contracting Expectation Mapping
- Catch 22 – Building Trust
- Coaching essential
- Coaching Process
- Understanding and handling the 'coachee'

Day 2

- Mentoring
- Mentoring Process
- Tips for coaching & mentoring
- Comparing coaching & mentoring
- Action Planning

Role Plays & Certification