



## Module Two of the Professional Leadership Coach Training Programme



### Workshop duration

- 3 days
- Four 1 hour group review sessions (teleclasses)
- 4 hours Mentor Coaching (1:1 supervised coaching and feedback sessions)

## igniting excellence in leadership

College Farm, Main Street,  
Willoughby, Warwickshire,  
CV23 8BH UK  
T: +44 (0) 845 077 2980  
F: +44 (0) 845 077 2978  
www.thefortongroup.com  
info@thefortongroup.com

# Developing Leadership Coaching

## Overview

To overcome today's business challenges, coaching is an essential *leadership* skill.

- Leaders need to inspire their people, to retain their best people and to unleash creativity and responsibility in everyone
- Leadership coaching is the most effective way to enable teams to deliver extraordinary results

For leadership coaching to be most effective, it is important for managers, leaders and coaches to train to standards governed by a recognised competency framework.

This workshop is the second of three steps in an accredited programme recognised by the International Coach Federation (at 'Associate Certified Coach' level - with an optional fourth module to take you to 'Professional Certified Coach').

Explore the meaning of leadership and its links to coaching; develop your coaching skills in practice sessions, receive feedback, and explore your leadership values.

“ I did value a lot from the programme, especially the focus on the client's goals and aspiration. This seminar has added a much needed dimension to my coaching. ”

Ron Butcher, Kennisis Group

## This workshop is for

Leaders and coaches working towards an internationally-recognised qualification.

*Experienced managers with some coaching experience looking to*

- Change the culture
- Develop their coaching skills further
- Explore new ways of motivating and leading others
- Unlock people's potential by using their emotional intelligence
- Inspire others to achieve more by understanding their values

*Coaches wishing to*

- Learn leadership coaching techniques
- Build their coaching experience
- Add depth to core coaching skills
- Apply advanced emotional intelligence tools in their coaching

On this workshop you will learn the essential skills for coaching leaders and, as a leader, developing a coaching style.

## What to expect

This is a highly interactive course with a range of practical exercises before, during and after the workshop. Delivery is balanced between theory; coaching demonstrations; practice; discussion, review and learning.



## igniting excellence in leadership

College Farm, Main Street,  
Willoughby, Warwickshire,  
CV23 8BH UK  
T: +44 (0) 845 077 2980  
F: +44 (0) 845 077 2978  
[www.thefortongroup.com](http://www.thefortongroup.com)  
[info@thefortongroup.com](mailto:info@thefortongroup.com)

### By the end of this workshop you will be able to:

- Coach others to grow as leaders
- Understand leadership styles
- Deepen your core coaching skills, with greater confidence and ease
- Use your coaching skills and principles to lead teams, support peers and colleagues
- Improve your relationships with colleagues, suppliers and customers
- Understand coaching frameworks from within and outside organisations

### This workshop covers

#### Working as a Leadership Coach in formal and informal situations

- Understanding the importance of values for individuals, organisations and leaders
- Uncover values through coaching, and support others to live into their values
- Understand and apply the five principles of leadership coaching

#### Growing Emotional Intelligence

- Coaching to raise awareness of emotions, build emotional capacity and grow emotional capability in ourselves and others
- Deepen your listening skills
- Give and receive coach-like feedback

#### Develop Your Coaching Competencies to ICF standards

- Practicing the skills of a leadership coach in live situations, not role play
- Demonstrating understanding of the Professional Leadership Coaching Model
- Plan your personal and professional development

### Ongoing Personal Development

#### Workshop participation includes

- Pre-work: building your emotional intelligence exercises
- Four 1 hour teleclass sessions led by a senior coach; lock in the learning; bring your experience and issues around leadership and coaching
- Mentor Coaching: work with a fellow course member and practice your coaching skills in a live situation. Get feedback from a senior coach and your coachee. You attend 2 sections as a coach and two as a coachee.
- Peer Coaching

### As a participant you will receive

- Pre-reading and emotional intelligence exercises
- Course workbook and all materials
- Copy of 'The New Leaders/ Primal Leadership' to support your further development

### Contact us to find out more...

The Forton Group Limited  
Geraldine Flinn  
[info@thefortongroup.com](mailto:info@thefortongroup.com)

T: +44 (0) 845 077 2980  
F: +44 (0) 845 077 2978

[www.thefortongroup.com](http://www.thefortongroup.com)