

COACHING



A More Effective Way to Work with Young People

WHAT IS IT?

Through the Foyer Federation's coaching workshops, participants (up to 15) are equipped with the tools to support and lead on 121 coaching. The workshop explores the fundamentals to coaching, tools and resources required to be able to coach.

TESTIMONIALS

"This workshop has really made me reflect on my own practice (16 years). The workshop has given me a different way of working with young people" **Participant, Enroute Foyer, CHADD**



HOW?

- Participants will explore a number of areas around coaching practices. This includes:
- The fundamentals to coaching
- Coaching vs support
- - The Power of listening
- - What is a powerful question?
- - Exploring a positive attitudes
- - Coaching agreements & gaining permission
- - Coaching to values

OBJECTIVES:

- 01 SUPPORT VS COACHING
- 02 COACHING FUNDAMENTALS EXPLORED AND PRACTICED
- 03 COACHING PRACTICED
- 04 PRACTICALITIES OF COACHING EXPLORED AND SET UP