

Coaching & Mentoring

The esteem & respect inspired by a mentor is well worth the effort to be one.

The potential within people is immense. What is needed is support and guidance.

Organisations are finally realising what we have known since the Vedic Age – the value of the coach & mentor and the importance of this unique fulfilling relationship that can change the future of both as well as that of the organisation.

Contents

Understanding Coaching & Mentoring

Focus

Role & Relationships

Source of influence

Personal returns

Action area

Qualities of a coach

7 Coaching skills

Emotional Intelligence

Performance Coaching & Mentoring

Skill Coaching & Mentoring

Personal Coaching & Mentoring

Take Away

Participants will appreciate the value of coaching and mentoring and understand its relevance for nurturing talent and the overall growth of the organisation. Acquire the necessary skill set to be an effective Coach/ Mentor.



Objectives

Understand the key concept behind Mentoring and Coaching

To learn the skills needed for Mentoring and coaching

To internalize the attitudes of a mentor/ coach and use it effectively for enthusing change in the organisation

Who should attend?

Middle level, Senior level

What is the duration?

1 day, 2 days

[choose duration](#)

Interaction language

Hindi, English, Hindi/ English

Methodology

Multimedia Presentation

Lecture

Facilitated Discussion

Group exercise

Individual exercise

Study material

Anecdotes

Role plays

Role modelling

Games

Q & A

To benefit from this training workshop as an organization or, an individual or, a group, please [contact us](#).

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