

Facilitating Coaching Conversations for Development

PROGRAMME DESCRIPTION

This two-day workshop aims to foster a coaching mindset among NHG team leaders and managers. Participants will gain an understanding of the coaching principles, the essentials of effective coaching conversations, and the importance of deep listening and powerful questioning.

The workshop will also explore how leaders can use coaching to nurture psychological safety and resilience within individuals and teams. Participants will have opportunities to practice core coaching skills and develop a personal coaching action plan to guide their application beyond the workshop.



DURATION: 2 DAYS

PROGRAMME CONTENT

This programme comprises the following learning topics:

- Importance of coaching
- GROW coaching conversation framework
- Listening and questioning skills for coaching
- How to develop a personal coaching action plan
- How to establish coaching relationship
- Practical coaching conversations practice



TARGET AUDIENCE

Leaders who are currently managing a team or have direct reports to participate in this coaching programme.

LEARNING OUTCOMES

At the end of the programme, participants will be able to:

- Appreciate the importance of coaching by managers, team leaders and supervisors in organisations today
- Engage a coaching mind-set to grow, develop and empower those we lead and manage
- Know the essentials of coaching
- Learn the coaching process and coaching conversation
- Know how to use a GROW coaching conversation framework
- Develop coaching skills and understand the importance of listening and questioning in coaching conversations
- Apply coaching conversations to build psychological safety and develop individual and team resiliency; and
- Develop a personal coaching action plan to coach and develop the people around us at work.

METHODOLOGY

This programme is designed to be an interactive learning experience for participants.

Methodologies used will include:



Group discussions



Interactive lectures



Guided coaching conversations practice



Guided reflections:
Learning from practice and experience

TRAINING CAPACITY

18 participants per run

ABOUT THE ORGANISER

Officially established on 19 July 2002, the NHG College plays an instrumental role in facilitating the continuous learning and development of our workforce, as well as, promoting systems improvement and driving leadership development in NHG Health. NHG College collaborates with renowned institutions and industry partners to build the pipeline and collective capacities of our leaders, educators, healthcare professionals and staff to support NHG Health in serving and managing the health of our patients and the population.

For enquiries on Healthcare Leadership and Management courses, please visit our website by scanning the QR code below or email us at: nhggroup.college@nhghealth.com.sg

