



UAE | Germany | Qatar | Ghana

COACHING SKILLS

**Empower Others. Ask Better Questions.
Create Lasting Growth.**



Coaching Skills

The ability to coach is no longer reserved for professional coaches alone—it's a critical leadership and interpersonal skill that fuels development, motivation, and performance. Leaders, managers, and professionals who adopt a coaching mindset help others find their own answers, take ownership, and unlock their potential.

This Coaching Skills training equips participants with the tools, techniques, and mindset needed to support others' growth effectively. Through practical exercises, powerful frameworks, and real-life conversations, participants will learn how to listen deeply, ask meaningful questions, and guide others with confidence and care.

Objectives / Learning Outcomes:



By the end of this training, participants will be able to:



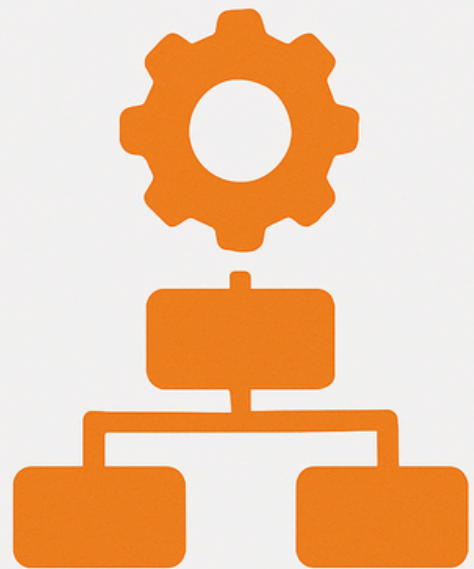
- Understand the core principles and mindset of coaching
- Use active listening and deep questioning to create awareness
- Facilitate growth-oriented conversations without giving advice
- Apply key coaching models like GROW to structure dialogue
- Empower others to set goals, overcome obstacles, and take action
- Build trust, rapport, and psychological safety in one-on-one settings
- Integrate coaching into leadership, performance management, and team development

Course Outline / Key Topics:



- What is Coaching? (vs. Mentoring, Consulting, or Managing)
- The Coaching Mindset: Curiosity, Non-Judgment, Empowerment
- The GROW Model: Goal, Reality, Options, Will
- Listening to Understand: Active Listening and Empathic Presence
- Asking the Right Questions: Open, Exploratory, Reflective
- Creating Accountability Without Pressure
- Coaching for Confidence, Clarity, and Commitment
- Integrating Coaching into Daily Conversations
- Practicing Real Coaching Scenarios with Feedback

Methodology



- Live demonstrations and real-time coaching practice
- Peer coaching and feedback circles
- NLP and emotional intelligence-based questioning techniques
- Personal reflection and goal-setting activities
- Role plays and interactive discussions
- Optional follow-up coaching circles or supervision sessions

Who should attend



- Team leaders, managers, and department heads
- HR, L&D, and internal trainers
- Project leads and people developers
- Anyone seeking to guide others with clarity and support

Duration Options



- 3-Day Essentials Workshop (With Practice & Core Tools)
- 5-Day Skills Deep Dive (With Coaching Demos & Peer Coaching)
- Modular Coaching Journey with Ongoing Support Circles

Some of our Clients





Let's Build Together



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