

Coaching Positively

A practical introduction to Coaching and Mentoring Skills

July 28-29 2018

Focolare Centre

69 Parkway, Welwyn Garden City, Herts. AL8 6JG

(ample parking on site)

10.00-17.00 each day

Tea and coffee will be provided.

This workshop will teach you an approach to Coaching and Mentoring based on 20 years experience in many sectors and many countries. It is underpinned by research from the field of Positive Psychology and elsewhere.

The workshop will offer you new ways of thinking about how you support others in their development and a set of practical skills which you will be able to use right away.

The 2-day format offers a thorough introduction, and additional follow-up can be arranged afterwards.

Coaching and Mentoring These two approaches can help people to face challenges or bring about positive changes in their lives - particularly where there is no single right answer.

Typical changes might include:

- Handling a new responsibility or job successfully
- Getting a better work-home life balance
- Developing a healthier lifestyle
- Making the right career choices
- Handling challenges like interviews or presentations
- Improving relationships

In each case, the assumption is that the person is not ill or dysfunctional: they don't need psychotherapy, but they can benefit from support in their thinking and decision-making.

The Cost I want to make this training available to everyone: particularly where budgets are tight or there is no funding for training in these skills.

So if you are self-funding, the fee will be £175. And if your employer can help, I'll ask a fee of £350. If you are two people from the same household, the second person comes at half price.

And please do make sure you can come to the whole of the two days.

Next Steps To book, discuss accommodation or to find out more, contact Matt Driver:

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