

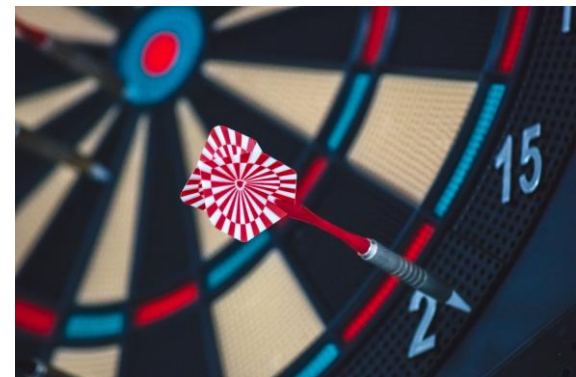


**Coach People**

# Give Effective Feedback

By the end of the Power Hour you will be able to:

- Explain what coaching is, and when it can be useful
- Describe the key skills of coaching and provide examples of good practice
- Use the GROW Model to structure coaching and achieve a positive outcome

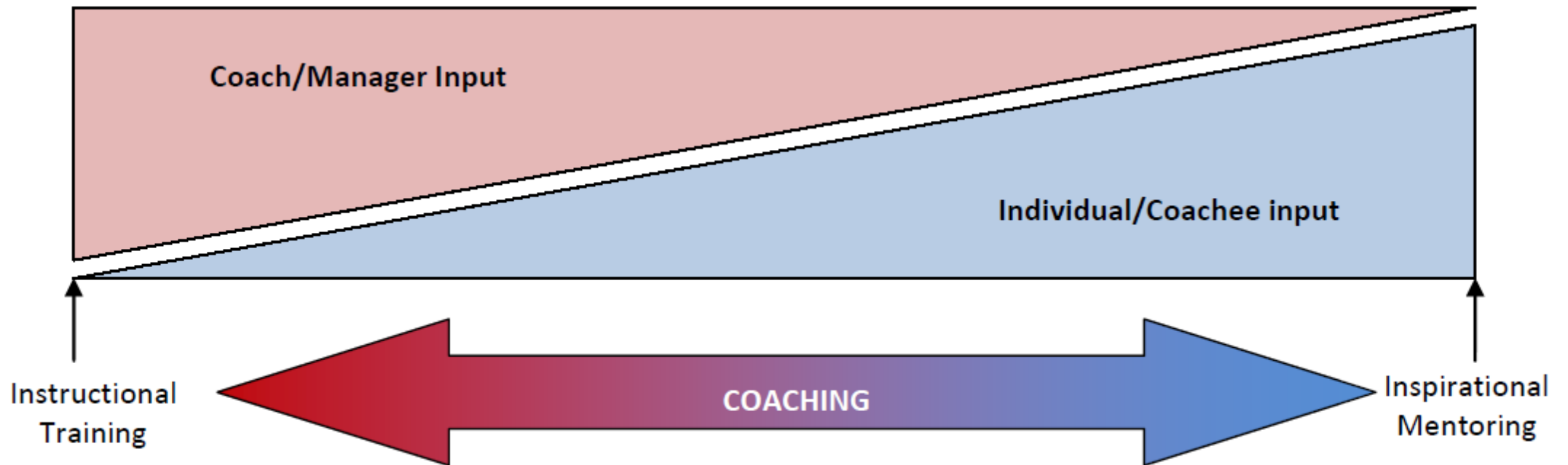


# Understanding Coaching

*"Coaching is unlocking a person's potential to maximise their own performance. It is helping them to learn, rather than teaching them".*

Timothy Gallwey (The Inner Game of Tennis)

# The Coaching Continuum



# Coaching Skills

## Questioning

Open	Probing
Specific	Hypothetical
Closed	Silence

## Listening

- A good coach will form their next question based on the answer to the previous question
- They will ask for clarification and examples if necessary
- When coaching, the other person should do more talking than you

# The GROW Model



# Make it Work at Work

What are you going  
to **DO** as a result of  
this Power Hour  
Session?







Thank You  
&  
Good Luck