



## Course details

### Course title

Professional Development: An Introduction to Coaching and Mentoring

### Course code

Q00012167

### Course date

Start: 05/02/25

End: 05/02/25

### Number of classes

1 sessions

### Timetable

Wed 5th Feb, 18:30 to 21:30

### Tutor

Kate Antoniou

### Fee range

Free to £11.10

### How you'll learn

You'll join a small group of fellow learners for classes online in video meetings and materials will be provided in our virtual learning environment.

Got it!

Online

### Venue

Online

## **Level of study**

Beginners

## **Course overview**

Are you involved with working with others to help them to develop their talents? This may be in connection with your job, or possibly as part of a volunteering role, or interest. Find out from this course how Coaching and Mentoring can help to unlock other people's potential in order to achieve their goals. We will be looking at how to use various techniques to help others identify their goals and work together to go through their short and long term options and commit to actions towards meeting these. If you are looking to support and nurture talent in others, helping to inspire others to hone new skills or career or person direction this is a good place to start.

## **Course description**

Have you got a role or an interest which means that you are involved in supporting others, if so this course is for you. We will be considering the difference between coaching and mentoring, and what the effective behaviours for both are. Considering these behaviours can help us to audit our own practice and identify any skills gaps and how we can develop further in these areas.

Using a range of tools and techniques we will be looking at how these can be applied in practice to help inspire others with their goals, and also hone our own skills.

We will consider the coaching and mentoring role, and how we can structure our individual sessions with others, making sure that there is a common understanding of the roles and responsibilities. This will allow for both parties to move through the process making progress towards the desired goals. There may be occasions when the partnership does not flourish and we will be considering why this might be happening and how we might address these issues. The roles are incredibly rewarding and the benefits of successfully coaching and mentoring to both parties are almost limitless.

## **What financial support is available?**

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during your enrolment journey. Most of our courses are government funded but if you don't qualify or need alternative financial help to access them then let us know.

## **What other support is available?**

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

**Source URL:** <https://www.wea.org.uk/courses/skills-work/management/5-february-professional-development-introduction-coaching-and>