

# **ILM – Management Coaching and Mentoring**

## **programme – day 1**

- Introduction
- Pre evaluation
- ILM induction
- Cycle of self development
- The learning process
- What is coaching and mentoring?
- Types of coaching
- Differences – coaching, mentoring, counselling training
- The coaching spectrum
- Experiences of being coached
- How people learn
- Good practice in coaching and mentoring
- Coaching and mentoring - behaviours, skills and values
- Coaching practise
- Coaching models
- Evaluation of coaching sessions  
Record of coaching session

### **Follow-up**

- What sort of coaching happens within your school?
- Coaching culture – analysing the coaching culture of your organisation
- Evaluation

