



## COACHING & MENTORING SKILLS FOR LEADERS

### Skills Programme

(SAQA US ID: 114215 – NQF level 4, 3 credits &  
SAQA US ID: 119472 – NQF level 3, 5 credits)

#### DESIGNED FOR

- Leaders who want to be **future-ready** and relevant
- Individuals who want to improve their coaching, mentoring and communication skills
- Anyone that values personal development and want to become more than just a manager

#### ENTRY REQUIREMENTS

- Completion of online Enneagram assessment to obtain Enneagram Personality Profile.
- Debriefing session with an accredited Life and Enneagram Coach

#### PROGRAM OUTCOMES

- Provides leaders with simple and proven coaching, mentoring and communication models that will empower others and move them to insight quickly and effectively.
- It will significantly improve a leader's listening and communication skills.
- Deepen leadership effectiveness

#### COURSE OUTLINE

- Coaching Principles
- Positive Psychology and Neuroscience 101
- Brain-based coaching tools
- Understanding self and others through the Enneagram lens in communication
- Integrating Coaching and Neuroscience
- Practical Coaching experience
- Understanding the difference between Mentoring and Coaching
- Mentoring Models, Components of a mentoring programme, mentoring contracts and a mentoring plan

## **ORGANISATIONAL BENEFITS**

- Enhanced problem solving
- Shorter, more effective workplace conversations
- More collaborative and compassionate workplace relationships
- Increased levels of engagement, motivation and productivity
- Happier, and more motivated teams

## **INDIVIDUAL BENEFITS**

- Experiential training with practical coaching skills that can be used immediately
- Skills to improve communication and have tough conversations
- Increased self-awareness and deeper understanding of others, which will result in improved relationships with others
- Learn to facilitate on-going positive change and unlocking people's potential
- An ability to have shorter conversations with more impact
- New ways to manage work-life balance, managing priorities and feel less overwhelmed

## **DELIVERY METHOD**

- Online completion of IEQ9 Professional Enneagram Profile
- Individual f2f, Skype, or telephonic feedback session on Enneagram profile
- Virtual Training Room (Zoom)