

# Strength based Mentoring and Coaching

**THIS PROGRAMME IS FOR THOSE INDIVIDUALS WHO ARE WANTING TO USE MENTORING AND COACHING SKILLS IN THEIR ROLES OR THOSE WHO ARE RETIRING AND WANTING TO SUPPORT COLLEAGUES IN THE VCSE SECTOR. YOU WILL LEARN HOW TO USE YOUR STRENGTHS TO MENTOR AND COACH. THESE ARE SKILLS BASED WORKSHOPS TO DEVELOP YOUR PRACTICAL SKILLS.**

## Session 1 - 27/9/23

What is mentoring and coaching?

## Session 2 - 4/10/23

Creating Trust and Intimacy in the relationship

## Session 3 - 18/10/23

Active listening and Communication skills

## Session 4 - 25/10/23

Designing future action

Develop your mentoring & coaching style.

Increase awareness via practice & reflection.

Reflect on your personal experience & creativity.



**Day/time: Wednesdays 09:45- 12:45**

**Location: Leicestershire cares, 42 Tower Street, LE1 6WT**

**Cost: Free**

For more information, email [Leadership@reachingpeople.co.uk](mailto:Leadership@reachingpeople.co.uk)