

FOUNDATION IN LEADERSHIP COACHING

Meyler Campbell has successfully delivered exceptional executive coach training and leadership development for over 20 years; all our programmes are available in face-to-face, virtual, and blended formats.

Foundation in Leadership Coaching is a short, but intensive, programme designed to give leaders the core elements of a coaching skillset and equip them with the tools and techniques to have valuable coaching conversations. This highly flexible programme works because it provides necessary learning and content with focused practical coaching experience to navigate those tough, real-life conversations.

The learning cycle of the programme is rooted in the application of learning in practice, feedback and observation, reading and self-reflection followed by further practice.

Please see programme map on page 3.

KEY FEATURES OF THE FOUNDATION IN LEADERSHIP COACHING PROGRAMME

The nature of this programme is highly flexible. It can be run as a one-day face-to-face session, or virtually over three closely spaced virtual sessions delivered to the highest Meyler Campbell standards.

The programme can be delivered for six participants working with two, or nine participants working with three Meyler Campbell Faculty.

We use a 1:3 ratio of tutors to learners which enables a high-energy mix of taught content, interspersed with three live coaching sessions. In groups of three, each participant will take turns becoming the coach, coachee, and feedback-giving observer. Each coaching practice triad is closely facilitated by a Meyler Campbell Tutor.

Each session will focus on the core skills of coaching along with best practices, reflection and most importantly, peer to peer coaching.

Post-programme we provide a variety of suggested resources and references to extend and embed the learning.

EXPECTED OUTCOMES

Leaders are plunged into the reality of high-quality coaching and are often exhilarated by it, thereby converting potential anxious resisters to coaching, to advocates and even exponents. The three live coaching sessions often yield significant “ah-hah” moments, of immediate practical business benefit to coachee and organisation.

The **Foundation in Leadership Coaching** programme gives participants all that they need to leave the programme to have coaching conversations. The programme provides coaches with a coaching toolkit and the opportunity to practice the skills learnt including:

- Benchmarking current skills and identify insights and action going forward
- Improved goal setting and defining measures of success
- Understanding the power of listening

- Broadening range of questioning approaches
- Gaining knowledge of the GROW model and non-directive, essential skills for business coaching

One day doesn't bring about behaviour change, but it can motivate the leaders to want to do more and to undertake the remainder of the Meyler Campbell [Unleashed programme](#) which does.

Completing the **Foundation in Leadership Coaching** programme (as either a one-day programme or through three successive online sessions) will deliver the underpinning building blocks of the full, accredited Meyler Campbell **Unleashed** programme which participants can then add to by completing the additional modules when time, motivation and budget are aligned. The beauty of this modular approach is that leaders can be introduced to coaching in a way which will equip them with the basic skills and understanding and will inspire many of them to want to do more.

SELECTION

The key to success is "*volunteers not conscripts*". We encourage you to invite rather than require attendance – coaching isn't for everyone. Our experience over many years is that about 75% of most organisations' leadership pool would benefit and find it highly useful.

COST

Meyler Campbell adopts a partnership approach to all of our work with clients, we build relationships for the long term, and we will work with you to ensure the best programme to meet your development needs and your budget.

TESTIMONIALS FROM PARTICIPANTS

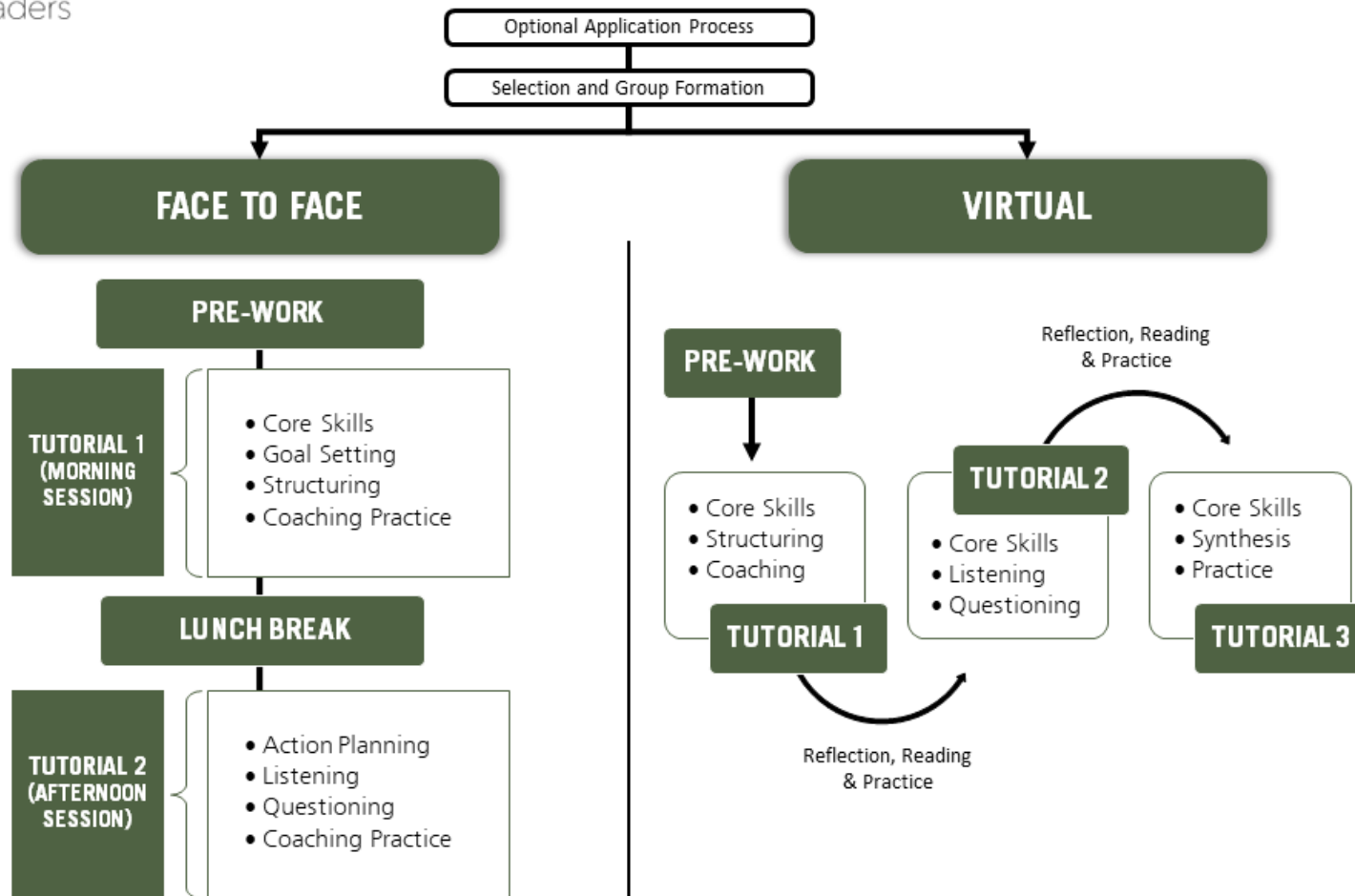


"The course tools have helped to maximise the opportunities to get the optimum outcome from every conversation. It has reinforced the importance of really listening so that I now get much more out of the conversations I have."

"The principles from the GROW model are super useful in dealing with my team. Now I think a lot more about how I communicate with my team."

"Anyone who has gone through the programme is in a much better place to hear messages and information about others different experiences and backgrounds because they have already opened their minds to listening."

FOUNDATION IN LEADERSHIP COACHING PROGRAMME MAP



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