
CoachBright: coaching skills for new leaders

Enabling leaders to improve their emotional intelligence and team performance

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Why Coaching?



- Young people across the UK currently do not have adequate support, at education or early career level:
 - Young managers are not developing soft skills including emotional competencies, resulting in them underperforming¹
 - University retention and graduate outcomes for disadvantaged students have barely improved in 20 years²
- Equipping new leaders with coaching skills early on supports their success through developing self-awareness and emotional intelligence (EQ).

¹ The Young and the Clueless by Kerry A. Bunker, Kathy E. Kram and Sharon Ting

<https://hbr.org/2002/12/the-young-and-the-clueless>

² An analysis of 2 decades of efforts to improve social mobility <https://www.gov.uk/government/news/an-analysis-of-2-decades-of-efforts-to-improve-social-mobility>



Benefits

Emotional Intelligence

Develop ability to build positive relationships with others and demonstrate patience, empathy and openness while managing.

Hands-on skills

Learn techniques for active listening, encouraging and giving feedback, and managing expectations.

Self Awareness

Understand strategies for self-reflection and managing own emotions.



"A GROWING NUMBER OF ORGANISATIONS RECOGNISE THE VALUE IN BUILDING A COACHING CULTURE THAT OFFERS EMPLOYEES AT ALL LEVELS THE OPPORTUNITY TO GROW THEIR SKILLS, ENHANCE THEIR VALUE AND REACH THEIR PROFESSIONAL GOALS."

ICF - Building a Coaching Culture (2014).

Why train with CoachBright

Hands on and Experiential

Within a safe learning environment, participants practice their coaching skills, experience being coached themselves and benefit from observing others.

Young and Dynamic Team

Bringing insight from our own lived experience.

Continued Coaching Support

After the course, the support continues online or over the phone with our dedicated training team.

Making Education Fairer

Course costs go back into our programmes supporting school pupils from disadvantaged backgrounds.



The course will include...

- Listening and questioning skills
- Using the GROW model
- EQ (Emotional Intelligence)
- The difference between doing, telling and coaching
- Giving effective feedback
- Opportunities to practice 1-1 coaching and receive feedback

Working with organisations, we can design our coaching training to best meet the needs you are after.

Each participant will receive a coach handbook and certificate to showcase they have completed the course.



What our partners say!



"CoachBright provide coaching training for Enrol Yourself participants, helping to create a culture of active listening, positive regard and action orientation."

The training gives participants the skills to act as peer coaches to one another. CoachBright training covers all the basics and gets everyone practising coaching straight away. Highly recommended!"

Zahra Davidson, founder of Enrol Yourself



Tackling one of society's biggest social problems, their coaching helps people improve their attitude, work ethic and performance which ultimately transforms their life chances. At the University of Exeter, we are delighted to support their important work and look forward to seeing them expand further in the coming years.

Sir Steve Smith, Vice-Chancellor and Chief Executive of the University of Exeter



"CoachBright came highly recommended as an organisation that knows a lot about coaching and is keen to share their expertise."

CoachBright delivered day training sessions to equip our team with coaching basics - they've been great to work with and made our packed training day incredibly enjoyable to participate in. We're working with them again this year!"

Harry Hoare, Director, University Education



Logistics

Overview

Summary of the benefits:

- Ready to progress: new managers build soft skills now ready for future career development
- Opportunity for teams to reflect on personal development
- Support CoachBright's work helping school pupils from low income families lead the lives they want



Time and date

Dates: ongoing - please enquire

Duration: 1 day (9am - 5pm)

Fees

£200 + VAT per delegate (minimum 15 delegates per course if working with one organisation).

Interested? Book for your organisation or have a chat

Email mary@coachbright.org to find out more and book a course.

