**Introduction into Coaching for managers and team leaders**

We are launching a new training course that will support managers to coach their teams and understand the benefits of a coaching style in appropriate situations. This course is ideal for all first line managers, team leaders and anyone in a supervisory role. The course is an Introduction into Coaching and is not a qualification, however it will provide learners with some basic coaching skills and how to apply them practically.

In addition, you will be able to understand your own needs, how to recognise your own and staff fatigue. The Coaching can assist in the Wellbeing conversations you have with staff and then steps each can take to support.

The course is a combination of theory and practical and covers:

• What is coaching?

• Leadership and coaching - how they fit

• Principles of coaching

• Giving feedback

• Coaching linguistics and listening skills

• Practical coaching skills

The course will be running monthly at **Monks Yard, Ilminster, TA19 9PY**. You are currently able to book a place on:

**~~Wednesday 29th - Thursday 30th June 2022~~** Fully booked

**~~Wednesday 27th - Thursday 28th July 2022~~** Fully booked

**~~Wednesday 21st – Thursday 22nd September 2022~~** Fully booked

**Wednesday 26th – Thursday 27th October 2022**

**Wednesday 23rd – Thursday 24th November 2022**

**Wednesday 7th – Thursday 8th December 2022**

You will be required to attend both days. **Please email the Yeovil District Hospital Academy to book a place at yeovilacademy@ydh.nhs.uk.**