

## Course Outline

Attendance at both days of the programme is mandatory for completion of the Foundation Skills in Mentoring course.

### Aims:

- To clarify what mentoring and coaching are and are not, particularly in a health context
- To build on existing skills and develop them further
- To develop confidence in using a mentoring and coaching approach
- To practice using the skills

### Day 1 – Saturday 5<sup>th</sup> July 2025

09:00	Registration
09:15	Introductions
09:30	A Key person exercise
10:00	Programme Outline
10:20	Definitions of mentoring and coaching The 6 principles of coaching
10:35	Coffee
10:50	When advice doesn't work
11:20	Core skills: Introduction
11:40	Core skills: Rapport
11:55	Core Skills: Summarising
12:20	Lunch
12:50	Core skills: Listening
13:35	The coaching process: OSCAR and TGROW
14:00	Introduction to goals
14:20	Coffee
14:40	Introduction to powerful questions
15:00	Converting non-goals to coachable goals
15:30	Practise
16:30	Review practise
17:00	Summarise and questions

## ASiT: Foundation Skills in Mentoring 2025

### Day 2 – Sunday 6<sup>th</sup> July 2025

09:00	Registration
09:10	Coaching practise in pairs
10:00	Review of coaching practise
10:30	Recap on goals and OSCAR
11:00	Coffee
11:20	Recap on questions and Question Drill Exercise
12:20	Balance Wheel
13:00	Lunch
13:45	Interrupting, challenge, Feedback in the here and now
14:15	Self-limiting beliefs
14:45	Practise in pairs
15:45	Coffee
16:00	Review of coaching
16:20	Contracting
16:40	Summarise, Next steps, Questions
17:00	Close