



The Movement Coaching Programme

This brand new coaching course is specifically designed for Team Leaders, Managers, Volunteer Co-ordinators and anyone who has responsibility for supporting others, working in the Voluntary, Community and Public sectors.

If you are new to coaching, or if you have some experience, but not any formal training, this programme combines a range of theory and practical tools to equip you with all the relevant skills and knowledge to begin your journey as a successful coach.

Movement Coaching is brought to you by Claire and Sue of 3B Coaching, who have a wealth of expertise and experience in Coaching, Training and Leadership, with a combined total of 30 years specialising in Voluntary, Community and Public sector organisations.

The guiding philosophy of Movement Coaching is having your mind move on an issue, task or situation and taking steps to help you navigate your way through. This approach to coaching forms the basis for the programme and the content will cover:

- The coaching process, including the role of the coach, setting expectations and 'contracting'.
- Coaching in the Voluntary, Community and Public sectors.
- A variety of practical coaching models and transferable techniques.
- How to incorporate your new skills into your role.
- Developing your own reflective practice.

By participating fully in this programme, you will gain:

- The ability to support others to set relevant and realistic goals and identify their own solutions.
- Specific techniques you can use in the workplace, enabling you to develop your coaching approach as a leader, manager or team member.
- Enhanced questioning and listening skills you can apply to all your conversations.
- Improved communications and interactions with others.

Workshop dates: September 17th, October 9th & 30th, November 20th, December 11th
Time: 2pm to 5:30pm **Venue:** The Gateway, Sankey Street, Warrington, WA1 1SR.
Cost: £195 per person

At the end of the programme, participants will have the option to complete a Level 3 Coaching qualification, awarded by ILM. Further details will be available during the course. (Additional fees apply).