



## Coaching for Wellbeing

**Duration** : 1 day

### Course Overview

The purpose of this workshop is to understand what we mean by Coaching for Wellbeing and how this can be applied for those individuals who are experiencing Mental Health issues, anxiety and / or stress etc.

### Objectives

By the end of this workshop, you will identify and consider the key skills / additional tools that enhance our skills as a coach for wellbeing to understand:

- Defining coaching
- Performance versus wellbeing coaching
- Benefits and dimensions of coaching
- Skills of coaching for wellbeing
- Motivational questioning
- Myths of wellbeing coaching

### Course Content

#### Introductions and learning objectives

By the end of this session delegates will have considered and discussed –  
Getting to know the trainer and delegates.  
The agenda  
The learning outcomes

#### What is Coaching?

By the end of this session delegates will have considered and discussed –  
Defining Coaching  
Performance versus Wellbeing Coaching  
Benefits of Coaching for Wellbeing  
6 Dimensions to Coaching

#### Key skills of a Coach for Wellbeing

By the end of this session delegates will have considered and discussed –  
The importance of being self-aware  
Active and Empathic listening  
Motivational communication  
Empathy  
Compassion  
The importance of being self-aware  
Active and Empathic listening  
Motivational communication  
Empathy  
Compassion  
Myths and facts of coaching  
Myths and facts of Mental Health and Wellbeing

#### Bringing it all together

By the end of this session delegates will have considered and discussed –  
Skills Practice  
3 p's of coaching  
Self-care  
Boundaries of a coach for wellbeing  
Skills Practice  
3 p's of coaching  
Self-care  
Boundaries of a coach for wellbeing  
Action Planning