



Akeso Coaching Network

## **Coach Training: ‘Becoming a Coach’**

### **A proven blended learning programme for medical professionals wishing to develop their coaching skills**

Akeso is committed to offering, developing and supporting coaching to medical professionals. We have offered an ‘Introduction to Coaching’ programme for many years and are pleased to announce our new on-line programme, developed with our partners The Madison Group and their accredited programmes and trainers.

We are pleased to be able to offer training for all those who wish to become coaches and are GPs in the Cambridgeshire & Peterborough area.

We have two programmes, which potential coaches can access in the near future.

Coach Training is offered over Zoom with six sessions run in consecutive weeks; see dates below.

Places are offered on a first come first served basis. If you are interested in taking up a place please contact [Jackie.campbell4@akeso.org.uk](mailto:Jackie.campbell4@akeso.org.uk)

#### **What the programme will cover**

Designed as an introduction to further accredited coaching training, the programme is endorsed by ILM (part of City and Guilds). It covers:

- The coaching conversation as a type of professional conversation
  - What do we mean by “coaching”?
  - The basic principles of coaching
  - The basic skills of coaching
- Contracting: Getting off to a good start
  - And things to look out for and avoid
  - The drama triangle – staying off it
  - Role of confidentiality
  - Executive coaching v performance coaching
- A Solution Focused Approach to Coaching
  - Language and its role in coaching
  - Creating a solution focused conversation
  - A strength and resource based approach
  - Becoming a solution detective
  - Following the client’s agenda



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- Scales and HOPES, a tool for effective coaching
- Extended Practise Session and review
- Coaching for performance
- Coaching for life / work balance and resilience
- Coaching for career development
- Questions and trouble shooting
- Putting it into practise

The training will be through presentation, demonstration, group discussion, small group work, coaching triads and lots of opportunities to practise.

### **“Becoming a Coach” Programmes Autumn / Winter Schedule**

Programme 1 14:30 to 17:00	Tue 08/09/20	Tue 15/09/20	Tue 22/09/20	Tue 29/09/20	Tue 06/10/20	Tue 13/10/20
Programme 2 14:30 to 17:00	Tue 12/01/21	Tue 19/01/21	Tue 26/01/21	Tue 02/02/21	Tue 09/02/21	Tue 16/02/21

Testimonial from Dr who attended the Spring online coaching delivered by Akeso:  
*“I was sceptical about an online version of coach training as opposed to a face to face workshop, but I needn’t have been. The highly interactive workshops and the support materials to review between modules worked very well. It gave a chance to practice. I can highly recommend this programme”*

If you are interested in taking up a place please contact:

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#### **Who are AKESO?**

AKESO is a not for profit coaching network within the East of England to support doctors and professionals in primary care who feel they might benefit from some time to reflect on issues that may impact on their work and life – ranging from skills and performance to more developmental areas. More information on coaching by Akeso can be found on the Akeso Website: <http://akeso.org.uk>