



Leadership Development – Coaching and Mentoring Workshop Programme Outline

0900 Welcome: Bev

Set the Scene

- Introductions and connecting - (in pairs)
- Group Input

Self-Awareness

- Leadership Model
- Self-reflection on Model and Leadership in groups of 4
- Exercise - listening (in pairs)
- Whole body Listening and reflections on listening

1100 Tea Break

Building on self-awareness and awareness of others

Interactions and teams – a fairly tale

- Feedback
- Coaching Conversation demonstration
- Practice session in groups of 3

1300 Lunch

- A focus on resilience and self-care
- Practice and reflection
- Final Round

1500 Close