



Become a Coach

Becoming a Coach

To begin with a coaching course may sound exiting, and it will be, yet you will soon realise that it is not merely a training course, but that it is a new way of life. Coaching principles will probably start dominating the way you think, treat people and how you get things done. As the coaching skill develops you will find inherent facilitation skills that pop up, skills you did not know you had, and others that develop with time.

From the outset we introduce multi-disciplinary coaching skills. Facilitation skills go as far back as the Japanese quality circle methodology yet mentoring is an age old tradition. However, problem solving techniques will come to the fore whilst understanding different personalities, politics, agendas and how to get a coachee to navigate to his or her goals by utilising the Grow-Faith goalsetting model. Coaching is a method of getting each person to set goals and objectives of their own, creating a path to successful implementation.

Albeit, there are three important kinds of coaching namely, executive or business coaching, community and life coaching and coaching in the workplace for middle management.

Business Coaching

Our consultants are competent business coaches that have years of experience in the executive and senior management space. Choosing an executive coach comes with being discrete, yet having a confidant to bounce ideas off, share vision and to discuss the overcoming of hurdles. An executive coach is a good listener and can assist in creating scenarios that provoke a mind-shift or reason for objective setting. Such coaching spans across risk taking, vision, disruption, long term plans and innovative approaches to an executive dream. Its good to feel one has someone on one's side when embarking on executive journeys.

Life Coaching

Becoming a life coach brings with it an enormous jump in emotional intelligence (EQ). Life coaching spans from the attitude to the altitude of visioneering, and realises personal potential through learning to know one's own personality and that of others. Positive Psychology is used to instil a sense of knowing the looming potential that can be used by individuals to overcome life's hurdles and to be very successful. Conflict management, problem solving, personality matching, psycho analysis and such techniques are taught. By inference coaches can assist coachees to reach their intended goals via a roadmap and personal strategies. The GROW-FAITH methodology, invented by DR Ferguson in 2014, is used as the cornerstone of life and community coaching. This is a ten week course with a three month practical (100 hours) evaluation.

Coaching in the Workplace

Our consultants train coaches for the workplace, utilising the same methodology as life coaching to bring out the best short, medium and long term results to the fore. This creates a coaching culture in the workplace.

