This course aims to provide participants with an understanding of coaching and mentoring in the workplace with a view to build a positive and concrete change among employees. Participants will learn about the various coaching models and how to use them to maximise results. It will also aid them in their professional development and how to be effective team members.

- The difference between coaching and mentoring
- Benefits of coaching and mentoring
- Attributes of a good coach and a good mentor
- Identifying the right mentors
- The Three C’s of Mentorship
- Coaching Models
- Benefits and drawbacks of the 5 types of Coaching Styles
- Mentoring and coaching in the Workplace

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- Fundamental aspects of managing and leading people
- Understanding and Influencing Human Behaviour in Organisations
- Leading People through Culture Change
- Managing Workplace Conflicts and Negotiations

### Target Group

Human Resource Professionals and those who want to learn how to help others reach their full potential.

### Course Content

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### Profile of the Facilitator

Mr. Memory Nguwi is a registered Occupational Psychologist and has extensive experience in strategic planning and human resources management in both line function and consultancy services. He has assisted clients in the private sector, state enterprises and NGOs in Eastern and Southern Africa.