

Coaching for Recovery in Mental Health Training Course Outline



Testimonials from previous training sessions

“The practice sessions were really useful as well as observing your demo sessions and discussions around the GROW model”

“Really useful learning how to make goals clearer and the sort of questions to use to attain this”

“Thank you – informative and enjoyable training”

“Useful to have time to think about integrating with other approaches”

Course Summary

Coaching is a powerful skill that helps mental health workers and peer support workers deliver services that are driven by the principles of recovery.

It unlocks a person's potential by helping them to learn what is right for them rather than telling them what to do.

This stimulating and interactive one day workshop introduces the core principles of coaching and provides opportunities to both coach and be coached so that the skill can be rapidly integrated into the worker's everyday responsibilities.

Relevant for

Designed for mental health professionals, bridge builders, peer support workers, health and social care assistants, all delegates will receive the Coaching for Recovery workbook that consolidates key learning and contains checklists and coaching forms to guide future work

Duration

One full day

Seven hours CPD

Training Outcomes

By the end of the training participants will be able to:

- Have a clear understanding of the concept of coaching
- Have made an assessment of it's relevance and value to mental health
- Be clear of how it relates to their own role
- Know how to use coaching in a variety of situations
- Have practised and got feedback of their skills in this area
- Have planned how to use their learning in their work

Private courses

Contact us for more details and costs of our private in-house courses

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Training Course Programme

One day training course runs from 09.30am – 4.30pm and includes training materials

9:15am	Arrival, registration and refreshments
9:30am	Introductions & Workshop Aims Personal Objectives Understanding Coaching What coaching is and how it compares with other interventions such as counselling, therapy and training. Coaching and Mental Health Where coaching fits into mental health work and recovery. Refreshment Break The Skills and Tools of Coaching The GROW Model (Demonstration) Delegates will be introduced to a model that will support them to coach effectively. The coach will demonstrate the use of the GROW model.
12:30pm	Lunch
1:15pm	Coaching Practise 1 Delegates will have the opportunity to role-play coaching in a supportive and non-threatening environment. Reflection on Practise Break Coaching Practise 2 Reflection on Practise Making it Work in the Workplace Review of Objectives. Feedback and Next Steps.
4:30pm	Close

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