

COACHING COURSE



Target Audience:
Educators, Subject Matter Experts
& Supervisors.



ABOUT THIS COURSE

The HEART Solutions Coaching Course equips students with the knowledge, skills and positive attitude to coach people using the GROW model to effect lasting change.

LEARNING OUTCOMES

- Demonstrate understanding of coaching as an enabler for growth and development.
- Analyse the profile of an effective coach and apply the core skills.
- Understand human behaviour.
- Conduct a diagnostic assessment to identify the coaching need.
- Plan for coaching.
- Select coaching content.
- Conduct coaching.
- Measure and report progress.
- Review coaching.



STUDENT SUPPORT

Students get technical, learning and skills coaching support throughout their learning.



CERTIFICATION

Students who successfully complete the course get a Certificate of Attendance. Competent students receive a Statement of Results and a Certificate of Competence.

LEARNING ASSUMED TO BE INPLACE



Competence in computer literacy and communication at NQF level 2.



DELIVERY MODE

On-line asynchronized learning.



APPROXIMATE LEARNING TIME

12-hours



SAQA UNIT STANDARD

NLRD	Title	NQF	Credits
117877	Perform one-on-one coaching in the workplace.	3	4