

## Coaching Skills for Leaders

### Train the Trainer – Lincolnshire

This programme is designed to train individuals from within the Lincolnshire Sustainability and Transformation Partnership (STP) footprint to deliver the East Midlands Leadership Academy (EMLA) Coaching Skills for Leaders two day leadership development programme.

To support the Lincolnshire STP we are looking for leaders to change the quality of the conversations within their teams using a coaching approach. The use of coaching tools and techniques as part of your leadership style is a proven way of improving staff engagement, performance and motivation.

EMLA have been working in partnership with the Lincolnshire STP to design and deliver this programme to help leaders within the system use a coaching approach to leadership.

### What is Coaching Skills for Leaders?

Coaching Skills for Leaders is an established programme ran regionally by EMLA which introduces participants to key coaching skills, tools and techniques that can be used in their day to day working lives. It is a highly practical 2 day non-residential workshop that covers the following:

#### DAY ONE

- Foundation coaching skills
- GROW
- Coaching v Mentoring
- The coaching spectrum
- Practice

#### DAY TWO

- 4 levels of listening
- Advanced coaching skills
- Coaching questions
- Team Coaching
- Practice

### Is this programme right for me?

A full person spec is available here:

Following the programme individuals will be expected to deliver Coaching Skills for Leaders workshops, in partnership with other alumni from the programme. Therefore it is essential you have full agreement from your organisation.

### How does it work?

The programme consists of three key elements;

- Facilitation Skills
- Train the Trainer
- Supervised Delivery

As part of the application process the facilitator will have a conversation with each participant to assess their current skills and knowledge, this will determine whether they complete the optional module.

All modules are shown below:

# Coaching Skills for Leaders Train the Trainer Programme



## When does it start?



All days will be held at The Showroom, Tritton Road, Lincoln. LN6 7QY

## How is it funded?

This programme has been designed collaboratively between Lincolnshire OD leads and East Midlands Leadership Academy and is funded by EMLA as part of their ongoing support to the Lincolnshire STP. This means it is open to applicants from health and care across Lincolnshire at no additional cost.

## What happens afterwards?

All participants will be asked to sign up to a learning agreement which specifies the number of Coaching Skills for Leaders sessions they will deliver following the programme. The number of workshops is yet to be agreed and these will be delivered within Lincolnshire as part of their work to develop a coaching culture.

## Questions?

If you'd like to have a chat about the programme please contact Lizzy Stillibrand (EMLA) on [elizabeth.stillibrand@nottshc.nhs.uk](mailto:elizabeth.stillibrand@nottshc.nhs.uk) or Jane Boyes (LCHS) on [Jane.Boyes@lincs-chs.nhs.uk](mailto:Jane.Boyes@lincs-chs.nhs.uk)

## To Apply

Please click on the following link and fill in your details:

<http://www.leadershipeastmidlands.nhs.uk/events/coaching-skills-leaders-train-trainer-lincolnshire>