



**QUEEN'S
UNIVERSITY
BELFAST**

COACHING CONNECTIONS

Coaching Connections Programme Schedule

25 & 26 February 2020 9.30 am – 4.30 pm	Workshop 1 Coaching Foundations (2 days)
	Key Topics: <ul style="list-style-type: none">• Definition of coaching and mentoring• The purpose and benefits of coaching in an organisation• The key skills, behaviours and mindset of an effective coach• Reflection on personal skills assessment questionnaire• Core coaching skills practice• Coaching models• Coaching in an organisational context• Skills practice triads• Tutorial – first assignment
1 April 2020 9.30 am – 4.30 pm	Workshop 2 – Developing Skills and Mindset (1 day)
	Key Topics: <ul style="list-style-type: none">• Reconnecting, reflection and learning• Managing the coaching process and relationship• Agreement between Coach/Coachee• Identifying the Coachees needs• Reflective practice• Skills practice• Preparation for first coaching/client relationships
May 2020 Date (TBA)	1-1 Supervision Meeting * (1 hour)

13 May 2020 9.30 am - 4.30 pm	Workshop 3 – Enhancing Skills and Mindset
	Key Topics: <ul style="list-style-type: none"> • Reconnecting, reflection and learning • Enhancing fundamental skills • Exploring Self-limiting beliefs • Skills practice • Assignment One tutorial clinic
29 May 2020	Submission date for draft of first assignment
17 June 2020 9.30 am – 4.30 pm	Workshop 4 – Me as a Coach
	Key Topics: <ul style="list-style-type: none"> • Developing personal insights and awareness • Identifying personal development • Tutorial support for Assignments 2 & 3
30 June 2020	Submission Date for first assignment
August/September 2020 Date (TBA)	1-1 Supervision Meeting * (1 hour)
16 September 2020 9.30 am – 4.30 pm	Workshop 5 – Reconnecting and Reflecting
	Key Topics: <ul style="list-style-type: none"> • Reconnecting, reflection and learning • Evaluating the effectiveness of your coaching • Coaching ethics & boundaries • Personal Development Plan • Skills practice • Tutorial clinic for second and third assignment
November/December 2020 Date (TBA)	1-1 Supervision Meeting * (1 hour)
31 December 2020	Submission Date for draft second and third assignments
31 January 2021	Submission Date for final assignments

* Each participant must attend at least 2 supervision meetings

Note: Throughout the period of the programme (February 2020 – January 2021), participants are expected to evidence their 18 hours of coaching.