



IRISH LIFE COACH INSTITUTE

## **Refresher Coaching Skills Workshop**

**Jan 31<sup>st</sup> – Feb 1<sup>st</sup> 2015**

**Carlton Hotel, Dublin Airport**

If you have completed a recognised Life and Business Coaching programme which qualifies you to practice as a Coach, but would welcome an opportunity to refresh your coaching skills, whether you are currently working as coach or not, this Workshop is for you.

It is always a good idea to refresh your Skills no matter what you work at and during this workshop you will get a chance to re-energize your coaching approach to both your everyday life and to your coaching practice. If you haven't been coaching for a while (or not at all!) but want to push yourself, now is your opportunity to do so!

The 2 day workshop objectives are to:

- Refresh your coaching skills
- Give you feedback on how you can improve your skills
- Introduce new coaching content and/or tools and techniques
- Introduce you to, or reinforce, the ICF Core Competencies
- Create a pathway to ICF accreditation
- Help you to set up a new coaching plan for your Coaching Business

The workshop will involve coaching sessions with class members on both days and will include at least one coach session demo by the facilitators. There will be a focus on the ICF Core Competencies throughout the weekend giving you a good awareness and understanding of how to apply them in your coaching.

If you are aware of others from your original class or who you know with this qualification in your local area, and who you think might be interested in, or benefit from, the workshop, please encourage them to book their place.

Numbers permitting, the workshop will be facilitated by Adrian Mitchell and Marian Byrne who are very experienced Coach Trainers and probably have been training coaches for far too long!!

The cost of the workshop is €175 – a deposit of €50 is due when booking and the remainder is due by Friday January 24<sup>th</sup>

Please complete the booking form on the next page and email or post it in to the ILI.



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## *Refresher Skills in Coaching Workshop*

### **BOOKING FORM:**

**VENUE:** Carlton Hotel Dublin Airport

**DATES:** Saturday, January 31<sup>st</sup> & Sunday, February 1<sup>st</sup>

**TIMES:** Saturday - 9:30am – 5pm Sunday – 9.30am – 5pm

**PRICE:** €175

<b>Name:</b>	
<b>Address:</b>	
<b>Phone:</b>	
<b>Email:</b>	
<b>Diploma Course Providers:</b> <b>Course Dates:</b>	

*A deposit of €50 (or full payment) must accompany this booking. Full amount must be paid by Friday January 24<sup>th</sup>. The price includes tea/coffee breaks (lunch not included).*

**Please Note: Places are strictly limited to a maximum of 12**

### **How to apply:**

Complete this form and email it to [info@ili.ie](mailto:info@ili.ie) . Please note, you can pay your deposit of €50 online by going to our website [www.ili.ie](http://www.ili.ie) and clicking the online store button if you wish.

**Adrian Mitchell**  
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