

Certificate in Team Coaching Skills (2 days)



**ICF Approved Training with
12 Continuing Coach Education Units.**

Overview

In today's world many of our leaders of change are provided with the tools and processes to ensure the required outcome is delivered. However with diverse teams located across the globe – most time is spent on defining WHAT the work is, while little or no support is given to the manager in developing the team and HOW they are going to work together most effectively. This can result in poor team engagement, misunderstandings, conflict and failure to deliver.

This practical two day programme will give the aspiring Team Coach the skills and techniques to accelerate the delivery of great results and develop the team's engagement and agility.

Pre-requisites

Completion of formal coach training programme with ILI or equivalent

Learning Outcomes

Participants will be able to apply the following:

- Best practice in team development and choosing appropriate styles of leadership
- Coaching the individuals on areas of development within the context of the team
- Clarifying of goals and outcomes required of individuals and team
- Ensuring that individual and team values are aligned to achieve desired goals
- Building on individual and combined strengths within the team
- Ensure results are achieved through collaboration and constructive conflict.

"Without doubt, one of the best courses I have ever attended. A huge thank you!"

Chris – Feb 2020

"Liz has designed a very full and well-thought out Team Coaching course. The facilitators were very generous in their knowledge and insights... an excellent 2 days"

Claire – Feb 2020

For more information and booking visit <http://www.ili.ie/>

Programme Content – 2 days

- Team Development principles – Team or Group?
- Role of Team Coach
- Coaching 101 – back to basics
 - o Coaching Competencies
 - o GROW
 - o Listening
- Creating the Contract – with Coach and Team
- Who is the team?
- Aligning Values – essential in diverse, multicultural and geographically disperse locations.
- Leadership styles and situational leadership
- Emotional Intelligence
- Clarifying Goals
- Playing to Strengths
- Roles within team
- Creating Cohesion & Trust
- Designing a Team Coaching event
 - o Outcomes
 - o Processes
 - o Techniques
- Relationships and Team Dynamics
- Systemic Team Coaching
- Harnessing Conflict
- Delivering Results
- Team Coaching scenarios and practice

Designed & delivered by:
Liz Barron
ICF Professional Certified Coach (PCC)

In association with the Irish Lifecoach Institute

Liz is an award winning professional leadership and team coach, delivering training and coaching with individuals and groups at all levels – helping Leaders and Teams to thrive.

Originally with an IT background, Liz has over twenty-five years' experience working with large organisations and small businesses, implementing change and leading consulting projects.

Liz completed the ILI Diploma in Personal & Business Coaching in 2009 and the ILI Advanced Diploma in 2010, and has since completed training in Cognitive Behavioural Coaching, Mindfulness, Career Coaching, Relationship Coaching and is certified in MHS EQi2.0 Emotional Intelligence skills assessment, and Thomas PPA Disc profiling for individuals & teams – most recently completing Systemic Coaching Constellations training for team work.

Since 2012 Liz has assisted with coach tutoring and coaching skills assessment for students on the ILI coach training programmes.

In 2014 Liz won Career Coach of the Year at the ICF Ireland Coaching Awards; she served as a voluntary Director of Development with the International Coach Federation (ICF) Ireland Chapter through 2015 and 2016 and was awarded the PCC credential in 2019.



**12 ICF CCE Units approved by ICF
(8 Core Competency +
4 Resource Development)**

“I would highly recommend this course to all coaches and people managers. There are tools and learnings in this course that will truly transform your team.”

Aidan – Feb 2020