

Practical Coaching Activity

Learn and practise life coaching skills with our popular coaching game

Practical Coaching Activity is an easy to learn and ready to use training activity. With quick delivery, you can soon be up and running your coaching skills training.

Interesting and informative coaching notes and practical training activities provide the basic principles and techniques required to be a successful coach.

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Part One - Guide to Life Coaching Skills

In the pack you will find useful information on:

- the role of a coach
- do's and don'ts of life coaching
- the importance of non-verbal communication when coaching
- body language that builds rapport
- powerful questions for life coaching
- using the GROW model
- the skills of giving feedback.

Part Two - The Practical Coaching Game

When coaching, it is likely the coachee will come to you with issues or problems seeking your advice. It is important to learn how to hand the problem or difficulty back to the coachee and encourage them find the solutions. Part two will help you practice that!

How it works

Choose from the series of interesting and challenging problems included in the pack for the coach to assist the coachee to resolve.

Divide the group into teams of three. With one person to take on the role as a coach; another to be the coachee and one to be the observer.

Give each person a briefing sheet for their role which they must read and fully understand before starting the coaching session.

Comments from users of this coaching activity

"The Trainer's Guide contained many useful points about coaching which we put into practice when doing the coaching sessions."

"Thank you for another great learning activity. Easy to use with lots of learning for the participants"

"It brought out so much learning in a short period of time. The coaching activities are a great way to learn life coaching skills."

Give the coach a problem sheet with the answer and another sheet with only the problem on. When the coach fully understands the problem and the answer they hand the problem sheet to the coachee and run a coaching session to encourage them to find the solution.

The observer's role is to observe the actions and reactions of the participants and make notes of what they consider to be noticeable actions and attitudes. At the end of the session the observer will give their observations for discussion with the participants.

This game is appropriate for use by personal and life coaches, therapists, group facilitators, teachers and counsellors who are interested in expanding their toolkits and introducing a creative, intuitive dimension into their work.

Potential Learning Outcomes

- Understand the basics of coaching
- Appreciate good and bad approaches to coaching
- Using body language to build rapport
- Ask effective questions
- Practice effective listening
- Avoid being judgmental
- Show empathy, acknowledge and challenge
- Encourage accountability
- Get to the bottom line
- Problem solving
- Giving feedback
- Practise coaching skills
- How to hand the problem or difficulty back to the coachee and encourage them find the solution.

Timing: This coaching activity runs for 1 to 2 hours + debrief (depending on number of practice sessions)

Numbers: Up 12 people working in groups of 2 or 3 (for each Coaching Activity game bought).

Who: Staff at any level.

PC required: None.

Licence Free: When you buy this training material, there are no restrictions on the number of times you can use it.

Cost to buy: You can buy this business game (which includes a trainer's manual) and use it yourself for £350 + delivery and VAT (if applicable).

For further information please contact:

**Liz Garrard
Training Co-ordinator
Elite Training European Ltd
3 Parkers Place
Martlesham Heath
Ipswich
IP5 3UX**

Telephone +44 (0)1473 610320

Email: games@elitetraining.co.uk