

Coaching for Business: A psychology-based approach

About the programme

This public programme combines ideas from renowned theorists with intensive practical sessions, enabling delegates to develop a coaching approach that applies psychological models to practical business challenges.

Who can attend?

People who want a short, high-impact programme that focuses on practical applications of psychology in executive coaching.

Programme dates

Please visit our website to view our training dates at www.opp.eu.com/calendar.

Fee

Please visit our website to view our full price list at www.opp.eu.com/pricelist.

How to book

By telephone

Call our Learning Operations team on **0845 603 9958**.

Online

Book online at www.opp.eu.com/shop.

By email

Send an email including course and participant details to learning@opp.eu.com.

By fax

Complete the programme booking form and fax to **01865 511222**.

By post

Complete the programme booking form, enclosing a cheque or credit card details and send it to the address at the end of this info sheet.

Duration

Part One: 3 days

Part Two: 1 day

Locations

Dublin, London, Oxford

Also available as an in-house programme for organisations with several participants (see over).

Programme outline

The course combines an introduction to some of the most powerful psychological theories and models used in executive coaching with intensive skill development sessions. The tutors will observe the practical sessions and provide developmental feedback.

Day 1

- Introduction to the use of psychology in executive coaching
- Coaching competencies - what makes an effective executive coach?
- Cognitive behavioural psychology – models and applications in coaching
- Identifying and challenging a client's 'faulty thinking'
- How to help clients plan and implement meaningful change
- Practical session 1
- The relevance and use of psychometric instruments in coaching.

Day 2

- Gestalt psychology and its applications in coaching
- Raising awareness in clients
- Using the coaching relationship as a vehicle for awareness raising and change
- Practice session 2
- Using the MBTI® instrument in coaching.

Day 3

- Psychodynamic approaches to coaching
- How coaching differs from therapy
- Working with defence mechanisms
- Using the 16PF® instrument in coaching
- Practice session 3
- Applications to business challenges.

Fieldwork

Course members will be provided with a coaching log book to record their coaching experiences. A minimum of three coaching sessions will be required and these will be reviewed at the follow-up day.

Day 4

Review of fieldwork. The course tutor will lead a supervised session on the group's experiences of coaching. The content of the day will be tailored to meet the needs of the group, with the focus on applying psychological models to the business challenges, such as leadership, managing conflict and career development and transition.

OPP[®] Ltd

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Do you have six or more people who wish to attend? Why not try one of our in-house programmes?

OPP has many years' experience of providing 'in-house' programmes for clients, where one of OPP's renowned psychometric programmes is run exclusively for your employees at a venue of your choice. Benefits include:

- Flexibility – date, venue to suit you and tailored to your organisation's needs.
- Value – cost per participant significantly less, relevant to your organisation and its issues.
- Quality – increase employee motivation and improve teamwork within your organisation.

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