



*Professional Development
& Consultancy Services*

Coaching and Mentoring

Coaching is a valuable technique of helping an individual to focus on specific aspects of practice to improve and develop their skills, knowledge and competence.

This course examines the skills of reflection.

Identifying barriers

Finding realistic solutions

Supporting and enhancing personal performance

Using a range of techniques.

Coaching and Mentoring is a structured and supportive process of support. It can provide significant career / transitional opportunities.