



# Coaching and Feedback

In a world of constant change, employees at all levels need ways to help manage and refine their skill sets and **personal development**. Amongst the most critical of skills are the ability to give and receive feedback effectively and the ability to coach one another to ever higher levels of performance.

This programme has been designed by The Colour Works.

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# Content

## Coaching Workshop

- Why foster a coaching culture? The personal and team benefits of adopting a coaching style
- Coaching styles – strengths and weaknesses as seen through the lens of the colour model
- Coaching skills – rapport, active listening and the power of open questions
- Creating a feedback culture – it shouldn't come as a surprise
- Feedback – how to deliver it and how to accept it
- Doing something about it – the feedback loop

## Impact

- Improved coaching skills
- Better questioning and listening skills
- More openness to giving and receiving feedback

## Outcomes

By the end of this coaching workshop, delegates will feel confident and motivated to put their new-found coaching and feedback skills into practice back in the workplace, tangibly improving their own and their team's performance.