

Continuing Education Summer Series 2016

Dates

Wednesday 6 April to Wednesday 4 May 2016

Times

5.30pm to 7.30pm

Venue

Commerce Divisional Boardroom (Room 4.19)
Commerce Building, 60 Clyde Street

Course code

LCFS16

Course fee

\$150

Enrolment Limits

20

Payment details

Online banking:

Account No. 03-0715-0660238-00

Please use your name and course code LCFS16
as the reference

Eftpos:

Available at the University Information Centre
(Central Library Building, Albany Street)

Cheque:

Make cheques payable to the University of Otago and send
with your name and course code to Continuing Education,
PO Box 56, Dunedin

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FURTHER INFORMATION AND BROCHURE REQUESTS

Summer School & Continuing Education
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Tel 03 479 9181
Email continuing.education@otago.ac.nz

February 2016



Continuing Education Short Course

Life Coaching for Success: Developing Practical Life Coaching Skills

6 April – 4 May 2016



Develop practical coaching skills for
your professional and personal life.

Life Coaching for Success: Developing Practical Life Coaching Skills

Continuing Education

About this course

Each of the sessions will focus on developing practical coaching skills which can be learned and integrated into both your professional and personal life. The emphasis of the course will be on experiential learning through individual and group activities, discussion and skills practice. Self and peer assessment will be built into each session in the form of constructive feedback and there will be 'between session' activities.

Course Content

Session 1: Supportive Roles.

In this first session we will explore what coaching is and how it differs from other helping roles?

Session 2: Levels of Listening.

Active and deep listening are core coaching skills. In this session participants will have an opportunity to practice, assess and develop their listening abilities.

Session 3: The skill of effective questioning.

Developed listening and effective questioning techniques are essential to achieve a successful coaching outcome. This session will introduce the GROW Model, a proven coaching 'tool'.

Session 4: Challenging limiting beliefs and understanding values.

Many people seek coaching to manage or overcome their current professional and/or personal challenges. They may hold negative views of themselves or focus on their perceived limitations and problems. This session will explore self-limiting beliefs and by the end of the session participants will have learned skills to help individuals focus on possibilities, opportunities and solutions.

Session 5: Putting it all together:

Coaching in action. In the final session of this introductory course you will conduct a 30-45 minute coaching session integrating the ASK Model (Abilities, Skills Knowledge) which draws upon all your learning from the course.



Coaching is practical and action based. It focuses on results and achievements. It can help you develop tools and strategies to assist others to successful personal and professional outcomes.

Who should attend?

This five session introductory course in practical coaching skills is aimed at anyone providing a supportive role, such as academics (including supervisors, course conveners and teaching staff), student support staff (including student advisors), careers advisors, postgraduate students, teachers, counsellors and anyone interested in learning the skills of personal performance coaching.



Presenter

Brian Johnston

Brian Johnston has been working as the Personal Performance Coach at Otago University since 2010. He works within the Graduate Research School and supports both postgraduate and undergraduate students to achieve their academic and personal goals. He also works one day a week within the Otago Business School supporting academic and general staff. Brian regularly runs workshops as part of the Academic Leadership Development Programme and is a frequent presenter for the ISANA (International Education Association) professional development training. He has also presented as part of Southern DHB management seminar programme and their management mentoring programme.

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