

**ADDING COACHING TO
YOUR COUNSELLING PRACTICE**
Wednesday 9th April 2025
PROGRAMME

09.30am	Welcome and Introductions
09.35am	Meet your Buddies – 5 mins
09.40am	Session 1: WHAT IS COACHING? Intro – Compare with Counselling – Stephen – Coaching Approaches – Wheel of Life
10.10am	Buddy Group – 15 mins
10.25am	Break – 5 mins
10.30am	Session 2: LOOKING TO THE FUTURE SWOT Analysis – Mission Statement – Mind Mapping – Killer Questions
11.30am	Buddy Group – 15 mins
11.45am	Break – 10 mins
11.55am	Questions and Comments
12.05pm	Session 3: SELF-MANAGEMENT Resistances – SMART Goals - Tactics
12.35pm	Buddy Group – 10 mins
12.45pm	Questions and Comments
12.55pm	Resources
13.00pm	Finish

