



# Coaching or Mentoring

## Introduction/Summary

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Coaching is a modern and rapidly growing method for helping others to:

- Improve
- Develop
- Learn new skills
- Find personal success
- Achieve aims
- Manage life changes
- Achieve personal challenges

Coaching is non-judgemental, guiding people to develop and grow in a variety of areas.

At TheLightBulb we can offer the opportunity to work with a coach on a one on one basis for the majority of our workshops. These individual coaching sessions will allow the learner to explore new avenues of learning that may not be accessible or appropriate on an open course.

Coaching brings measurable performance-improvement often more quickly than other forms of development as it is individualised to meet the learners own needs.

Alternatively we can support your own staff at all levels to help them develop the key behaviours and skills required by them to coach their colleagues.

**As these are bespoke packages please contact us for more details.**

## Requirements/Pre Requisites

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There are no pre-requisites for this course.