Training Plan - Two Day Program on Coaching and Mentoring

		ay Program on Coaching and Mentoring	
Time	Training Methodology	Focus Areas	Activity
		o Introductions	
9.30 am - 10.00am	Interaction	o Setting Expectations	
		o Focus group discussion on importance of Coaching	
		o Maslows hierachy of needs	Video: UP in the Air
10.00 am - 10.30am	Activity, ILT and Video		Focus Group
10:30 am - 10:45 am	ILT	o Defining Coaching and Mentoring	
		o Discussion on Preparation, Negotiation, Enabling,	
10:45 - 11:00 am	ILT and Activity	Feedback, Dealing with obstacles and follow up	Role Play
	Tea Break: 11:00am	- 11:15 am	
		o Discussion on Preparation, Negotiation, Enabling,	
11:15 am - 12:30 pm	ILT and Activity	Feedback, Dealing with obstacles and follow up	Role Play
12:30 pm - 1:00 pm	ILT	o Discussion on GROW coaching model	
1	Lunch Break: 1:00 pn	n - 1:45 pm	
1:45 nm - 2:45 nm	Activity	Role Play on coaching and feedback	Role Play
1.13 pm 2.13 pm	receivey	· · · · · · · · · · · · · · · · · · ·	note ridy
		o Wentering and its serients	
2:45pm - 3:15 pm	IIT. Activity		Focus Group
этории отдории		- 3: 30 pm	- Court of Court
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		o Orientation phase. Transition phase. Cultivation phase.	
3:30 pm - 4:30 pm	ILT, Activity		ILT and Role Play
	-	Role Play on Mentoring Conversation	Role Play
1.30 pili 3.13 pili	Activity	Note that of Mentoring Conversation	noic ridy
5.15 pm - 5.30 pm	Interaction		
	10.00 am - 10.30am 10:30 am - 10:45 am 10:45 - 11:00 am 11:15 am - 12:30 pm 12:30 pm - 1:00 pm 2:45 pm - 2:45 pm 3:30 pm - 4:30 pm 4:30 pm - 5:15 pm	9.30 am - 10.00am Interaction 10.00 am - 10.30am Activity, ILT and Video 10:30 am - 10:45 am ILT 10:45 - 11:00 am ILT and Activity Tea Break: 11:00am 11:15 am - 12:30 pm ILT Lunch Break: 1:00 pm 1:45 pm - 2:45 pm Activity 2:45pm - 3:15 pm ILT, Activity Tea Break: 3:15 pm 3:30 pm - 4:30 pm ILT, Activity 4:30 pm - 5:15 pm Activity	0 Introductions 0 Setting Expectations 0 Focus group discussion on importance of Coaching 0 Maslows hierarchy of needs 10:30 am - 10:45 am 1LT 0 Defining Coaching and Mentoring 0 Discussion on Preparation, Negotiation, Enabling, Feedback, Dealing with obstacles and follow up 10:30 pm - 1:30 pm 1LT and Activity 11:15 am - 12:30 pm 1LT and Activity 11:15 am - 12:30 pm 1LT and Activity 11:15 pm - 2:45 pm 11:45 pm - 2:45 pm Activity Tea Break: 1:00 pm - 1:45 pm 1:45 pm - 3:15 pm 1LT, Activity Tea Break: 3:15 pm - 3:30 pm 0 Orientation phase, Transition phase, Cultivation phase, Seperation phase 3:30 pm - 4:30 pm 1LT, Activity Role Play on Mentoring Conversation