



# ***Communication Coaching and Mentoring Course***

***Organisation ID: E10338522***



**[www.cultural-mobility.com](http://www.cultural-mobility.com)**



## Course Overview

Because successful communication with the students is crucial, it pays to have some insight into the field of knowledge called communication. This field of knowledge has much to teach us, including the fact that, although we all have the ability to receive as well as transmit messages, many of us are more skilled at transmitting than receiving! We might improve ourselves simply by becoming better listeners!

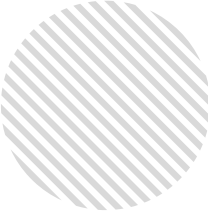
Also, we know that body language, posture, and gestures (nonverbal communication) are all very important in transmitting messages to others, especially messages of enthusiasm and commitment.

## Course Objectives

- **Develop Effective Communication Strategies:** Equip participants with the skills to analyze and improve their communication styles, enabling them to coach and mentor others in creating clear, concise, and impactful messages.
- **Enhance Active Listening and Empathy:** Teach participants to use active listening techniques and develop empathy in coaching and mentoring sessions, ensuring that both verbal and non-verbal cues are effectively understood and responded to.
- **Strengthen Coaching and Mentoring Techniques:** Provide participants with practical tools and frameworks for coaching and mentoring individuals, including techniques for giving constructive feedback, setting goals, and fostering growth in communication abilities.
- **Cultivate Leadership through Communication:** Enable participants to develop leadership skills through enhanced communication, teaching them how to inspire, motivate, and guide others in their personal and professional development.
- **Evaluate Communication Effectiveness:** Train participants to assess the effectiveness of communication strategies and provide measurable feedback, allowing them to continuously improve their coaching and mentoring approaches.

## Learning Outcomes

- **Improved Communication Skills:** Participants will be able to articulate ideas clearly and persuasively in both one-on-one and group settings, adapting their communication style to suit different audiences and contexts.
- **Enhanced Active Listening and Empathy:** Participants will demonstrate the ability to listen actively and empathetically, responding thoughtfully to others' perspectives, and fostering an open, supportive dialogue.
- **Effective Coaching and Mentoring Techniques:** Participants will gain the ability to apply various coaching and mentoring models, such as GROW or SMART, to help others set achievable goals and overcome communication challenges.

- 
- **Increased Confidence in Leadership Communication:** Participants will feel more confident in their ability to lead and mentor teams, using communication as a tool to inspire, motivate, and influence others positively.
  - **Ability to Provide Constructive Feedback:** Participants will develop the skill to offer constructive, actionable feedback that encourages growth and fosters positive changes in communication behaviors and strategies.
  - **Strategic Communication Planning:** Participants will learn to create tailored communication plans for coaching and mentoring purposes, addressing specific needs, challenges, and goals of their mentees or coachees.

### **Duration:**

5 Days

### **Language:**

English

### **Schedule:**

*The time of classes, can be in the morning or afternoon depending on provider's availability.*

*The schedule may vary considerably based on participants' preferences and the trainer's discretion regarding any modifications.*

### **Certificate**

*A certificate of attendance will be issued to all the participants at the end of the course.*

### **Other Services**

*We offer accomodation, transport from the aiport and back, local transport and cultural visits. Get in touch with us for more details.*

# ACTION TRAINING

## Day 1

### **FOUNDATIONS OF EFFECTIVE COMMUNICATION**

- Understanding the role of communication in coaching and mentoring.
- Key principles of clear, concise, and impactful communication.
- Exploring communication styles and their influence on relationships.
- Practical exercises to identify and improve personal communication barriers.

## Day 2

### **ACTIVE LISTENING AND EMPATHY IN COACHING**

- Mastering active listening techniques for better understanding.
- Developing empathy to build trust and rapport in mentoring relationships.
- Practical activities to enhance non-verbal communication awareness.
- Role-playing exercises to practice empathetic responses and active listening.

## Day 3

### **COACHING MODELS AND MENTORING FRAMEWORKS**

- Introduction to key coaching and mentoring models (e.g., GROW, SMART).
- Structuring effective coaching sessions: goal setting, action plans, and follow-ups.
- Techniques for providing constructive feedback and fostering development.
- Hands-on practice using coaching frameworks with real-world scenarios.

## Day 4

### **LEADERSHIP COMMUNICATION FOR COACHES AND MENTORS**

- The power of communication in leadership and influence.
- How to inspire, motivate, and guide others through effective verbal and non-verbal communication.
- Conflict resolution and handling difficult conversations in mentoring.
- Developing leadership presence through communication.

## Day 5

### **FEEDBACK, EVALUATION, AND CONTINUOUS IMPROVEMENT**

- Methods for evaluating communication effectiveness in coaching and mentoring.
- Providing feedback that promotes growth and development.
- Self-reflection and peer feedback to improve communication techniques.
- Action planning for continuous learning and development in communication.

\*Please note that program content may be subject to change based on input from our trainers.

[www.cultural-mobility.com](http://www.cultural-mobility.com)





## *Get in touch with us*



*[culturalmobility2022@gmail.com](mailto:culturalmobility2022@gmail.com)*



*[+34 642 419 817](tel:+34642419817)*



*[Cultural Mobility](#)*



*[Culturalmobilityofficial](#)*

*Start your educational journey with us  
on Costa del Sol!*



*[www.cultural-mobility.com](http://www.cultural-mobility.com)*