

## Coaching and/or Mentoring

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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 and manage life change and personal challenges. Coaching is non-judgemental, guiding people to develop and grow in a variety of areas.

At TheLightBulb we can offer on all our courses the opportunity to work with an expert 1-1 and by using the advice and guidance the person being coached will be able to explore new avenues of learning that may not be accessible on an open course.

Coaching brings measurable performance-improvement often more quickly than other forms of development.

Knowing that effective coaching works well in any given situation, we therefore work alongside managers and team leaders to help them develop the key behaviours and skills required by them to coach their teams.

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

## Pre requisites

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There are no prerequisites for this course