

Qualification Unit

This unit forms part of a regulated qualification.

Unit Title: Coaching Skills

Unit Reference Number: J/615/7025

Level: One (1)

Credit Value: Two (2)

Minimum Guided Learning Hours: 18

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Understand a range of coaching techniques	1.1 Give examples of situations where coaching is used to help people improve their performance
	1.2 Outline the benefits to the organisation of coaching in the workplace
	1.3 Give examples of coaching approaches
	1.4 Describe one identified coaching technique they could use to build confidence and performance in the workplace
2. Know how to coach individuals in the team	2.1 Prepare an outline plan for a short coaching session in a task or activity in the workplace
	2.2 Explain the importance of constructive feedback in the coaching relationship