

## **Coaching and mentoring – practice and reflection**

This two-day course, for senior staff and managers, **aims** to provide managers working in dementia care settings with coaching and mentoring skills. Each participant will be asked to identify a member of the care team that they can coach/mentor and will be asked to meet with them to carry out a coaching/mentoring session between days one and two. Participants will also be required to complete a reflective journal.

### **Learning outcomes**

- Apply mentoring skills.
- Provide effective feedback to mentee.
- Reflect on his/her practice as a mentor and undertake relationship check-up.
- Evaluate the health of the mentoring relationship.

This course can be redesigned and tailored to meet your individual requirements.

To request further information or to discuss your requirements please [contact sylvia@beechestraining.co.uk](mailto:sylvia@beechestraining.co.uk)