

Learn and practise life coaching skills with our popular coaching game.

Elite Training's Practical Coaching Activity is an easy to learn and ready to use training activity. With quick delivery, you can soon be up and running your coaching skills training.

Timing

1 to 2 hours + debrief
depending on number
of practice sessions

Numbers

Up to 12 participants

Who Will Benefit

Staff at any level + students at
senior high school level &
above

Computer

Not required

Licence Free

No restrictions on the number
of times you can use this game

Costs

£350.00 + delivery and VAT (if
applicable), or [contact us to
facilitate & debrief for you](#)

Purpose

Interesting and informative coaching notes and practical training activities provide the basic principles and techniques required to be a successful coach.

How It Works

Part One – Guide to Life Coaching Skills.

In the pack you will find useful information on:

- the role of a coach
- dos and don'ts of life coaching
- the importance of non-verbal communication when coaching
- body language that builds rapport
- powerful questions for life coaching
- using the GROW model
- the skills of giving feedback



Part Two – The Practical Coaching Game

When coaching, it is likely the coachee will come to you with issues or problems seeking your advice. It is important to learn how to hand the problem or difficulty back to the coachee and encourage them to find the solutions. Part two will help you practice that!

Benefits for Your Organisation

- Greater understanding of the basics of coaching
- Appreciation of good and bad approaches to coaching
- Focus on body language to build rapport
- Practice effective questioning and listening
- Learning from analysis
- Practise coaching skills

Supplied with the Game

- Trainer's guide – full instructions on how to run the game and how to achieve the best results, including debriefing
- Coach's briefing sheet
- Coachee's briefing sheet
- Six problems to solve
- Observer's briefing sheet

Comments from Practical Coaching Business Game

The Trainer's Guide contained many useful points about coaching which we put into practice when doing the coaching sessions."

"Thank you for another great learning activity. Easy to use with lots of learning for the participants"

"It brought out so much learning in a short period of time. The coaching activities are a great way to learn life coaching skills."

About Us

- For **over 20 years** we've been delivering excellent management training and personal development skills to businesses and public sector organisations across the UK
- Our trainers enhance the learning experience with our **high energy, results driven approach**
- Experiential learning with business games and training materials help participants acquire essential knowledge and skills through **active, self-reflective engagement** and enable them to remember the key learning points

Why Choose Elite Training

- **Training Courses:** Skilled and experienced trainers that develop and understand your needs and deliver **enjoyable, tailored and cost-effective in-house training**
- **Business Games:** Fun and realistic, sold worldwide to use over and over again for quality development
- **Team Building:** Injecting training expertise, real-life examples and fun to draw out key learnings
- **Coaching:** Results driven executive and business coaching, creating environments where people develop and thrive, improving performance
- **Development Programmes:** Tailored and bespoke programmes, developing and inspiring leaders, supporting strategic objectives and business change

To buy this game, licence free, click Add to Cart
on the [Practical Coaching business game webpage](#)

**To understand how Elite's business games will meet your objectives,
or for Elite Training to run your business game,
and/or tailor a team building activities to meet your needs contact**

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- [Interpersonal Skills Training Course](#)
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