



## Workshop Learning Series – Session 2

### ‘Well-being at work: Coaching Skills for Resilience’

2<sup>nd</sup> October 2020

11:00-13:00

Online (Zoom)

### **Session Program**

*The Workshop is facilitated by organisational psychologist & coach Natalie Schürmann\**

<b>11:00</b>	Introductions & Warm up Activity
<b>11:15</b>	Learning & Tool Module 1: Focussed Coaching
<b>11:30</b>	Coaching Practice Activity
<b>11:50</b>	Learning Debrief & Application
<b>12:00</b>	<i>5 mins Comfort Break</i>
<b>12:05</b>	Learning & Tool Module 2: Resilience Perspectives
<b>12:15</b>	Practice Activity
<b>12:45</b>	Learning Debrief & Wrap up
<b>13.00</b>	Closing

*\*Natalie Schürmann is the founder of Badiliko, an occupational health and well-being consultancy, which offers coaching and training solutions to promote, balance, well-being and fulfilment. Badiliko a learning partner for people, leaders and organisations across the world, fosters self -awareness, self-mastery, personal health & balance for a more fulfilled workforce and a happier world. Natalie is an occupational psychologist, a certified leadership & team coach and specialises in health coaching with a focus on mental & emotional well-being.*



## **Session Overview**

EPR & Badiliko joined forces to support you EPR members and extended network between the months of July and October via an exclusive interactive *Webinar Learning Series: "Wellbeing at Work: Coping & Balancing"*

- **Who is this for?**

Those of you who are looking for an opportunity to learn, connect and share with each other how to improve your team members coping skills and resilience in times of ambiguity and pressure at work.

- **What will I learn?**

*Balancing* is our second 2-hour interactive virtual learning session in our series.

Our first session entitled coping was aimed at helping you understand your own levels of stress and resilience, its' impact and one take away to help you deal with it more effectively.

This second learning session is about learning and practicing the art of coaching skills to support others. Others might be your team members, peers or other stakeholders around you within your occupational setting. This session will provide you with a core tool to help others become more empowered at handling difficulties more effectively.

In this learning session you will:

- Learn to differentiate between coaching and advising
- Understand the benefits of coaching your team members to improve their resilience
- Gain knowledge of some tools to 'listen' for resilience indicators and coach effectively
- Practice 'effective coaching skills' with your peers
- Leave with at least one personal action to master your coaching skills

## ***What to prepare for this Session?***

Come prepared with one real live topic you would like to be coached on. This could be any work-related topic that you are stuck with or not clear how to best proceed on.

Examples could be:

- A team member who is struggling with the COVID-19 realities.
- Your own ability to keep balance between work and personal life whilst working from home.



- How to stay close to your clients in times of remote work.
- Personal development area.

The key thing is to think of something that really matters to you big or small. During our session we will coach each other in small groups/pairs. To really experiment with coaching skills application rather than role playing it is more impactful for our learning to use real situation to be coached on.