

**Coaching and Mentoring
Autumn 2024**

Week	Date w/c	Topic areas
1	30 th September	• Introduction to module • Overview of assignment • Definitions of coaching and mentoring • Similarities and differences of coaching and mentoring and other learning interventions • Internal vs external coaching and mentoring
2	7 th October	• Individual and organisational benefits of coaching and mentoring • Contribution to achievement of objectives • Costs • Barriers and strategies to overcome them
3	14 th October	• Coaching and mentoring models (GROW, OSCAR, Instant Pay-off Coaching Model) • <i>Practice the practical exercise</i>
4	21 st October	• Knowledge, skills and behaviours of an effective coach and/or mentor. • <i>Practice the practical exercise</i>
5	28 th October	<i>Reading Week</i>
6	4 th November	PRACTICAL EXERCISE (to take place during lecture time)
7	11 th November	PRACTICAL EXERCISE (to take place during lecture time)
8	18 th November	• Recap of knowledge, skills and behaviours of an effective coach and/or mentor. • Planning your reflection • Research skills
9	25 th November	• The key role of coaching and mentoring in building resilience and change management • Draft report 121 sessions
10	2 nd December	• Draft report 121 sessions

Deadlines:

- Peer coaching exercise will take place during the lecture on w/c 4th and 11th November 2024
- Report is due for submission to Turnitin by 3pm on Friday 6th December 2024