

Unleash
your potential

Coaching and Mentoring – Online

Enhance your abilities as a coach
and trusted mentor



McGill

Executive
Institute

executive.mcgill.ca

Program Overview

The role of a coach or mentor can have a significant positive impact on people's lives – at work, in an association or team, and even among family and friends. In fact, a great coach/mentor can help improve a company's morale and environment by inspiring employees looking for advice and guidance.

This program will give you the tools you need to grow from being a good mentor to being a great one. Become an invaluable resource for your company and for all the individuals you help.

Key Benefits

- Learn the difference between mentoring and coaching
- Share your knowledge and experience in impactful ways
- Apply coaching to improve individual and team performance
- Enhance your ability to become a trusted advisor
- Adapt your coaching style to any situation
- Engage in effective coaching conversations
- Understand your skills, motivations, and limitations

Who should attend?

You will benefit greatly from this program if you are in a position to support training and development, transfer knowledge, develop skills, and/or implement change in the corporate structure of your company or non-profit organization.

What is included?

The registration fee includes facilitation by our highly rated faculty members, a comprehensive digital workbook, results-oriented exercises, and a **certificate of completion** from the McGill Executive Institute.



Key Themes

Coaching – Essentials

- Coaching vs. mentoring
- Coaching styles, goals, and phases
- Coaching process and conversation
- Coaching toolkit for positive impact

Coaching in Special Circumstances

- Learn to inspire and address any lack of motivation
- Overcome resistance to change
- Guide others toward appropriate action and behaviour
- Develop and implement career strategies

Teamwork

- Structure, enhance, and support the learning process
- Coach teams to achieve excellence
- Improve team decision making and cohesion
- Build a collaborative environment

Faculty and Learning Approach

As an integral part of McGill's Desautels Faculty of Management, the Institute's faculty team comprises McGill University professors and lecturers as well as highly rated academic and business experts from around the world.

Please visit our website for a full list of the faculty team assigned to this program.

