



Skills Connect Care with Confidence

We would like to invite you to Skills Connect 'Care with Confidence' - a free mentoring and coaching skills development programme, delivered by Octavia Learning. The 2024 dates are as follows:

Course Dates

Wakefield – Monday 1st July (10am-3pm) and Monday 15th July (10am-3pm)

Halifax– Monday 9th September (10am-3pm) and Monday 23rd September (10am-3pm)

Batley - Thursday 3rd October (10am-3pm) and Thursday 17th October (10am-3pm)

Halifax - Wednesday 6th November (10am-3pm) and Wednesday 20th November (10am-3pm)

Eligibility criteria for the free training:

- Age 19 or over.
- West Yorkshire resident.
- Right to work in the UK.
- Suitable for anyone in the health and social care or voluntary sector (paid staff or volunteer) who supports, supervises, or manages people, e.g., volunteer or staff buddy, experienced member of staff supporting new starters, people manager, etc.

Along with **networking with like-minded people from other organisations** and **one to one support** in-between and after the workshops, this is what we'll be covering over the two days:

- What is mentoring and coaching?
- Benefits of mentoring.
- What makes a good mentor?
- Effective contracting between mentor and mentee.
- Mentoring and coaching others whilst working in a busy and fast-paced environment, e.g., working with patients, service-users, etc.
- Awareness of communication styles. Giving effective feedback.
- Coaching and mentoring skills. Challenging limiting beliefs using good questioning skills.
- Recording, reflection, and supervision in mentoring.

If you would like to join, please email becky@octavialearning.co.uk or lucy@octavialearning.co.uk or call 07545 838605.