MODULE 2: LESSON 1COACHING SKILLS

Greetings, everyone. Welcome to Module 2, which focuses on coaching skills. The objective of this module is to equip you with the necessary practical skills to become a successful and efficient coach, capable of delivering impactful results. Throughout this module, we will delve into the fundamental skills that a coach must possess, providing detailed insights and guidance on their application. Many of these skills require practical application and regular practice, but mastering them is essential for achieving desirable results. We emphasize the relevance of coaching skills since the higher your proficiency level, the greater your ability to produce significant outcomes. We encourage you to remain committed to this program and relish these lessons.