

## Coaching Essentials

ONE-DAY INTRODUCTORY WORKSHOP

**Time:** 10am - 5pm

**Venue:** Hilton London Paddington Hotel.

**Fee:** £75 plus VAT (refunded if you subsequently enrol on one of our programmes)

*“This was an **inspiring one day course** presented by knowledgeable and professional trainers who are clearly dedicated and passionate about coaching. The day was **well structured** with helpful practical demonstrations, affording a number of opportunities to put the theory into practice. The Results Coaching system is accessible, comprehensive and effective, and the trainers instilled in me **a keen desire to learn to more.**” - Kirsten Miller.*

We know how challenging it can be choosing the Coach Training programme that best suits your needs. That's why we are holding a one-day workshop accredited by the International Coach Federation (ICF) that will allow you to:

- Use a practical framework for helping people change their lives
- Understand the theories behind effective coaching
- Learn and use a powerful coaching conversation model
- Experience Results coaching in action.

In addition, you will receive a certificate confirming that you have undertaken six hours of Coach Specific Training accredited by the ICF, as well as a **FREE** copy of Quiet Leadership by David Rock, the founder of Results Coaching Systems.

The whole day will be a live coaching workshop. There will be no sales pitch. This is a genuine opportunity to acquire new understanding and new skills within the coaching framework.

**Your facilitator will be Richard Bentley or Christopher Samsa**

**Richard Bentley** is an ICF Professional Certified Coach and is a lead trainer on both our public and workplace coaching skills programmes. He also works as a leadership coach and facilitator of leadership development programmes. A former Co-President of UK ICF and former member of ICF's global board of directors, Richard has been coaching since 2000 and has trained around 400 individuals in coaching skills.

**Christopher Samsa** is an ICF Professional Certified Coach working with professionals and individuals looking to excel. He has coached at CEO and senior management level for blue chip organisations in the UK and Internationally, including clients in UK, France, Hungary, Ukraine, Dubai and Australia. The sectors include FMCG, Technology, IT, Media and Communications, and Advertising and Marketing. Chris has worked as a trainer and facilitator for the past ten years in the US and Europe. He has trained 250 individuals in coaching skills both on open programmes and in the workplace.

Please contact Richard Bentley at [richardbentley@resultscoaches.com](mailto:richardbentley@resultscoaches.com) or call Richard on 01823 680752.