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Coaching

Learn Now Guide

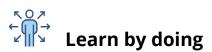
You don't necessarily have to be a manager to coach others. Coaching skills involve helping others develop their skills and abilities and increase their performance.

Learn on your own

- Gain a better understanding of your coaching ability by taking the Zenger Folkman <u>Coaching Assessment</u>.
- Learn the basics of coaching in this 18-minute playlist, <u>The Workplace Coach</u>.

Learn from others

- Be coached by a colleague. Ask someone who is experienced at coaching others in a business environment to become your coach.
- Reach out to UAB's Organizational Learning & Development to learn more about the coaching skills clinic. Contact <u>learndev@uab.edu</u> or (205) 934-3955.



Practice your coaching skills. Download the <u>Powerful Questions</u> document, and practice with a trusted colleague. Use the questions you are most comfortable with in conversations with your colleagues.

