



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 [Coaching Assessment](#).
- **Learn the basics of coaching** in this 18-minute playlist, [The Workplace Coach](#).



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 learndev@uab.edu or (205) 934-3955.



Learn by doing

- **Practice your coaching skills.** Download the [Powerful Questions](#) document, and practice with a trusted colleague. Use the questions you are most comfortable with in conversations with your colleagues.