



# Coaching

### **What is Coaching?**

“Coaching & Mentoring are learning relationships which help people to take charge of their own development, to release their potential and to achieve results which they value” (Connor & Pakora, 2007)

Coaching involves working with a trained individual to help bridge the gap from where you are now to where you want to be.

It is for anyone who wants to develop in either their professional or their personal life and is committed to undertaking that work in a supportive environment.

### **What does it involve?**

Coaching involves meeting with a trained coach to identify your goals and to work towards them in a supportive and accountable environment. You will agree a contract with your coach as to how often you will meet and set appropriate ground rules.

### **How do I find a Coach?**

Initially all you have to do is to email [coaching@manchester.anglican.org](mailto:coaching@manchester.anglican.org) and say that you are interested in finding a coach. You will then be sent information about the different people who offer their time as coaches. You can choose one who you think you would like to work with and if they have capacity to take on new people you will be put in touch with them.

### **Can I work on anything with a Coach?**

Yes, the choice of what you work on is yours, although a coach may be able to help you identify the best goals for you at this current time. You can choose to work in a professional area, for example a project in your ministry, or you might want to tackle a more personal area.

### **Is there a cost?**

Coaching is being offered free of charge to clergy within Manchester Diocese. It is hoped in the future, when more people have been trained as coaches, to be able to widen our remit.

### **How have the Coaches been trained?**

The initial cohort of Coaches were trained through Boo Coaching and Consulting and some are going on to do Chartered Management Institute (CMI) Level 5 and Level 7 Certificates in Coaching and Mentoring. Other cohorts will undertake in-house training with Rev Canon Anne Edwards who has been coaching for several years and completed both Level 5 and Level 7 Coaching and Mentoring Certificates. There will be the opportunity for those people to go on to do these qualifications if they wish.

### **I would like to train as a Coach... what do I do?**

If you would like to train as a coach yourself, all you need to do is email [coaching@manchester.anglican.org](mailto:coaching@manchester.anglican.org) to express your interest in the coaching training and someone will get back to you and be able to talk to you about it.