



## COACHING CONGALINE

Presented by Monica Davidson from Creative Plus Business

The Coaching Congaline is a program designed to help creative and arts-based organisations develop an internal peer-to-peer coaching program. Effective peer-to-peer coaching can offer the encouragement people need to overcome issues they may be having in their organisation, and can help them to stay focussed and motivated when working towards larger goals.

### Purpose

Peer to peer coaching is a simple and effective way of encouraging communication and understanding in a small organisation. The purpose of this session is to give an introduction of the principals of coaching, and provides practical tips and exercises for participants to undertake in their own organisations.

### Objectives

By the end of this session, participants will have a better understanding of:

- The basics of non-directive and peer-to-peer coaching;
- Ways to set up and run a Coaching Congaline;
- Asking, Listening and Feeding Back;
- Evaluating P2P Coaching and Continuing the Support.

**Time:** 2 hours 30 minutes, with 15 minute break

### Session Overview:

1. Introductions and Icebreakers (15 minutes)
  2. What are the basics of Non-Directive Coaching? (15 minutes)
  3. Why does Peer to Peer (P2P) Coaching work? (15 minutes)
  4. Setting Up P2P Coaching (30 minutes)
- BREAK
5. Asking and Listening (15 mins)
  7. Giving Useful Feedback (5 mins)
  6. Staying Accountable (10 mins)
  8. How to sustain your Coaching Congaline (10 minutes)
  9. Feedback and Evaluation: Is Your Conga Working? (10 minutes)
  10. What Happens When its Over (5 mins) and Conclusion (5 mins)

**Materials:** Handouts to be printed in advance for distribution, butchers paper and markers

**Equipment required:** Whiteboard and makers, Projector for video and presentation.

**Email [hello@creativeplusbusiness.com](mailto:hello@creativeplusbusiness.com) or call 02 8091 2082 for more info.**  
**[www.creativeplusbusiness.com/clients/coaching-congaline/](http://www.creativeplusbusiness.com/clients/coaching-congaline/)**