



The Coaching and Leading Safely (CaLS) Retreat Programme

Course Structure

Day 1 – 0930 - 1730

- The Power of WHY?
- Leading SMARTER exercise
- Concept of leading self – situational leadership
- Collaboration, Content and Choice
- Concept of leading others – situational leadership
- Attributes of a leader / coach
- Applying leadership techniques (ownership)
- Reward V Recognition
- Group exercise to embed group learning
- Q&A available throughout the day

Day 2 - 0900 - 1700

- Recap on day one
- Visit to an offsite facility in Sherwood Forest to undertake a series of outdoor activities on leadership, communication, coaching and trust
- The Spiders Web – ice breaker
- Helicopter rescue – team and communication
- Duck recovery – teamwork, leadership and communication
- Assault course - team challenge, trust, communication and leadership
- Blindfold 4X4 driving experience – trust, communication and coaching
- Lunch (BBQ*) on site
- Return back to the training venue at 1530
- Recap and discussion on findings
- Close of day two

**Dependant on weather some activities may be subject to change*

Please note if anyone needs to refrain from any of these activities due to medical conditions this can be arranged either prior to the course or during.



Day 3: 0900- 1630

- Recap from day two
- Push, Pull leadership model for influencing change
- How we do not always listen – exercise SWOT
- How emotionally intelligent are you?
- Questionnaire and discussion
- Introduction to the GROW model for coaching. GROW = Goals, Reality, Options, and Willingness
- Exercises and applications
- Continuing the success – measurement of the process with a personal development plan (The Wheel Matrix)
- Q&A Session
- Plans for returning to work
- Close of programme