Big Coaching Project - Coaching

What is it?	Coaching is available to volunteer managers as part of the Big Coaching Project which is funded by the Big Lottery Fund and is run by North West Network's (NWN's) Volunteer Management Team. The aim is to offer coaching to motivate and empower volunteer managers to manage volunteers to the best of their potential.
Who is it for?	Volunteer managers—defined as anyone who has a responsibility for volunteers in the North West of England.
What is Coaching?	Coaching is a process that enables people to achieve their full potential in a personal or work based setting. NWN coaches provide support to volunteer managers around volunteer management issues, by helping them to clarify situations, generate ideas, and challenge thoughts or behaviour that might stand in the way of progress. Coaching sessions are one to one, non-judgemental and are specific to the volunteer managers needs. Volunteer managers set the agenda, find their own solutions to problems and/or achieve their own goals around volunteer management.
What are the benefits?	Coaching can help you to be at your best in order to focus on what you need to do and take action to have a thriving and sustainable volunteer programme. Possible benefits of coaching for you as an individual could be: • Reduce stress • Learn and practice new and existing skills • Improve how you communicate • Become more effective in managing your workload • Become more assertive • Step back and take a look at your volunteering programme in order to move forward • Establish your goals and take action to achieve them • Know your strengths and improve on your weaker areas Below are some quotes from volunteer managers previously supported by NWN coaches: "My increased confidence means I'm able to communicate better and provide appropriate support to volunteers" "Coaching made issues much clearer in my head which leads to a more productive thought process and therefore better planning"

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What will coaching be like?	Each coaching relationship is unique. You will set the agenda according to what you would like to achieve in the sessions. The following basic structure helps you achieve it: • Complete a pre coaching questionnaire • Have a introductory session and decide whether coaching is for you • Complete a coaching agreement • Attend an appropriate number of coaching sessions • Undergo a mid coaching evaluation to reflect on your achievements so far and plan what you would like to look at within future sessions • Complete an end of coaching evaluation • Receive a follow up from your coach 3,6 and 9 months after coaching
What is the commitment?	Coaching is only effective with people that are ready for it. We only want to work with volunteer managers that are prepared to: • Be honest and open • Try new ways of doing things • Take part in evaluating the impact coaching has had on you and your organisation • Work only on areas of volunteer management or areas that have an impact on your role as a volunteer manager • Be committed to coaching and getting the most out of yourself
Am I eligible for Coaching?	As well as being committed to coaching you need to answer yes to the following questions to be eligible to receive coaching: • Does my role include responsibility for volunteers? • Does my organisation work in the North West of England? • Does my line manager support me receiving coaching? • Is my organisation a member of NWN? If you have answered no to any of the above but would still like to receive coaching then please contact NWN to discuss it further.
Other activities	The following services are also available as part of the Big Coaching project: • Training in SAM Volunteer Management for volunteering infrastructure organisations • Training in outcomes focussed organisational planning for volunteer involving organisations
Contact Us	If you would like further information on any aspect of the Big Coaching Project please contact Carol Savage or Dan Farley at: North West Network 2nd Floor, Albert House 17 Bloom Street Manchester, M1 3HZ M1 3HZ Tel: 0161 236 6493 Fax: 0161 228 6137 E-Mail: carol@nwnetwork.org.uk dan@nwnetwork.org.uk Website: www.nwnetwork.org.uk

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