

# **MBTI® & Coaching**

**Tuesday 20<sup>th</sup> November, 2012**

*Led by Ann O'Sullivan*

What is coaching?

How is it different from counselling, mentoring, and supervising?

How can I become a more effective coach?

Looking through the lens of type allows us to access our strengths as a coach and assists us to adjust our style as necessary.

We will have the opportunity to work individually and in the group.

**Time: 9.30 am – 4.30 pm**

**Cost: £125.00**