

DIGITAL READINESS COMPETENCES DICTIONARY

COMPETENCE 11



COACHING MINDSET

supporting the development
of others and motivating
them through feedback and
encouragement



INTERMEDIATE

KNOWLEDGE

- Define coaching.
- List different coaching techniques.
- Identify main strategies to motivate peers through feedback and encouragement.

SKILLS

- Experiment with different techniques to practice active listening, effective questioning (inquisitiveness), feedback and encouragement.
- Analyse the importance of communication dynamics in coaching relationships.

COMPETENCES

- Assess own coaching skills.
- Support the development of others to become more successful at work.

LEVEL

ADVANCED

KNOWLEDGE

- Describe how coaching improves employees' performance at work.
- Explain different coaching techniques.
- Describe the main strategies to motivate peers through feedback and encouragement.

SKILLS

- Select your preferred techniques to practice active listening, effective questioning (inquisitiveness), feedback and encouragement.
- Apply different techniques to practice active listening, effective questioning (inquisitiveness) and feedback and encouragement.

COMPETENCES

- Research opportunities to improve your coaching skills
- Assess peers' responses to different coaching techniques.

Find out more: <https://women-get-ready.erasmus.site/>



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