

COACHING AT THE FRONT LINE

ESSENTIAL COACHING
SKILLS FOR LEADERS



Thinking Through

ACADEMY

**THE SCIENTIFIC
APPROACH TO LEADERSHIP**

We are an ILM & CPD Approved Centre,
and the only organisation trusted and
authorised to deliver NeuroCapability
Stress Mastery and Neuroscience of
Leadership training across the UK
and Europe.



LEAD WITH IMPACT: MASTER COACHING SKILLS AT THE FRONT LINE...

Our Coaching at the Front Line (CFL) course equips leaders, managers, and supervisors with essential coaching skills – without the commitment of a formal coaching qualification.

This CPD-accredited programme combines practical coaching essentials with leadership expertise, empowering you to engage teams more effectively, build trust, and drive performance.

Whether you're a manager aiming to strengthen team performance or a leader eager to create more meaningful connections, CFL will elevate your impact where it matters most.



Course Content...

Develop the essential coaching skills needed to lead with confidence and impact.

Coaching at the Front Line is a hands-on course designed for managers and professionals looking to integrate coaching into their leadership approach. Across two interactive days and a follow-up session, you'll explore core coaching principles, develop practical techniques, and learn how to foster trust, engagement, and resilience within your team. Whether you're new to coaching or looking to refine your skills, this course provides the tools to drive meaningful conversations and lasting results.

Day 1: Foundations of Coaching at the Front Line

- What coaching really is, and isn't.
- Core coaching principles for leaders.
- Building trust and psychological safety.
- Practical coaching conversations and techniques.

Day 2: Coaching for Engagement and Impact

- Building on your practical coaching conversations and techniques.
- Managing difficult conversations and challenges.
- Embedding coaching into leadership practices.

Follow-Up Session (½ Day)

- Reflecting on coaching practice.
- Sharing insights and progress.
- Action planning for sustained coaching success.

A highly practical and insightful course that transformed how I support and develop my team.

Juliette Pearce
Senior Manager, Digital Media

Is the Coaching at the Front Line Course Right for You?

This programme is designed for leaders, managers, and professionals who want to enhance their coaching skills and support team development without committing to a full coaching qualification.

Whether you're a supervisor looking to improve team performance or an organisation aiming to embed a coaching culture, this course provides practical techniques to drive engagement, resilience, and long-term success.

Our Coaching at the Front Line programme is delivered live online, making it a flexible and accessible option no matter who you are, where you're based or your responsibilities in life.

Please note that this course can be delivered in person for your organisation rather than online. Minimum numbers, a suitable training space and travel costs apply.

- Leaders and managers seeking practical coaching skills.
- Supervisors responsible for supporting team performance.
- Professionals aiming to deepen their understanding of workplace coaching without pursuing a full qualification.
- Organisations wanting to foster a coaching culture for long-term success.

The CFL course gave me the confidence to coach my team through complex challenges. The skills I gained have made a tangible impact on team engagement and performance.

Daniel M.
Team Leader, Healthcare Sector





Programme Details

FORMAT:

Online (in-person options available for groups)

DURATION:

2-day course + ½ day follow-up

COST:

£400 + VAT per delegate
*discounts available for group
bookings of 6 or more*

START DATES:

July & December

For more details,
please scan the code...



Thinking Through

...Academy

With some of the most qualified experts in the fields of leadership and neuroscience, you'll get an unrivalled educational experience that drives career progression...



LEARN 100% ONLINE

Train from anywhere with fully online courses.



AT YOUR OWN PACE

Flexible training to fit your timeline.



PERSONALISED TUTOR SUPPORT

Support from an expert coach whenever you need.



PAYMENT PLANS

Spread the cost with our payment plans.

ThinkingThrough... is a trading arm of:

Associate Development Solutions Ltd
Spaces – Pennine Five, Block 2
1 Tenter Street, Sheffield, S1 4BY

Members of:

