TRAINING PROGRAMME

Coaching and mentoring for teams

hygge
Organizational Mental Health Promotion Project
By João Paulo Pereira

20 HOURS / IN PERSON OR ONLINE

Use coaching and mentoring to foster autonomy, cooperation and team development. Practice focused on useful conversations, shared goals and responsible follow-up, without replacing psychotherapy.

Objectives

- Distinguish coaching, mentoring and clinical intervention.
- Establish agreements, objectives and ethical boundaries.
- Apply listening, questioning and feedback to team development.
- Follow commitments and evaluate progress.

Themes and training dynamics

150 min	**Framework and contracting**	Practical cases: roles, confidentiality, consent and boundaries.
200 min	**Listening and questioning**	Triad practice with observation and structured feedback.
200 min	**Team goals and resources**	Workshop on shared goals and mapping team skills.
200 min	**Mentoring and peer learning**	Simulate a mentoring conversation and experience sharing.
300 min	**Team coaching lab**	Supervised simulations of cooperation, barriers and commitments.
150 min	**Follow-up and evaluation**	Create a session plan, indicators and a final assessment.

Design a coaching and mentoring path tailored to your team.

Develop autonomy and cooperation.

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