



# United Nations Economic Commission for Africa

## Office for North Africa Mission Report

<b>By:</b>	Amal Nagah Elbeshbishi
<b>Objective:</b>	To participate in Coaching Skills for UNECA Managers training workshop, February 2019
<b>Dates:</b>	20-21 February 2019
<b>Venue:</b>	Addis Ababa, Ethiopia
<b>Report</b>	<ul style="list-style-type: none"><li>- This workshop enabled participants to understand how to review and build the context, strategy, culture and processes for coaching and mentoring. It provided an opportunity to understand what coaching and mentoring involves and the impact it can have on performance. It focused on developing more self-awareness by exploring managers' values, emotional intelligence and interpersonal skills as well as communication skills, to develop their abilities as a coach or mentor.</li><li>- It examined the competencies required to explore how to get the most out of coaching and develop strategic approaches for individual and team transitions.</li><li>- The workshop examined how coaching can be used effectively to assist individuals to adapt to sometimes difficult and challenging work environments and how managers can use coaching techniques to develop pragmatic approaches that lead to identifying solutions and embracing opportunities with more confidence. Participants had an opportunity to have a short coaching session with the workshop facilitator.</li></ul>
<b>People met</b>	Facilitator: Linda Stoddart Participants: Mestawet Misttir, Saurabh Sinha, Mulutsega Legesse, Amal Elbeshbishi, Issoufou Seidou Sanda, Charles Ndungu, Mahaman Lawan Abou, Emmanuel Chinyama, Andry Andriantseheno, Wafa Aidi, Jean Marc Koumoue, Sakyibea Akuffo-Parry, Roger Gakira, Ali Todaro, Josephine Ulimwengu
<b>Annexes:</b>	Draft programme- presentation- action plan