**FAQ:**

**Q. Do I need to be clinical to attend this course**

*A: This course is open to everyone, and you don’t have to have any previous experience in health or social care*

**Q: What materials are provided?**

*A: Course booklet and certificate of attendance*

**Q: Do I need to have any coaching experience?**

*A: No coaching experience is required just an open mind and willingness to learn. The course is designed to help you build the confidence and skills through practice.*

**Q: How is the course content taught**

*A: This is a hands on, one day course in person that includes small group work activities and coaching conversation practice. You will work in pairs to practice real life conversations using the MECC framework. Instead of traditional role play, we focus on realistic scenarios to make experience more natural and useful.*

**Q: What should I bring or prepare?**

*A: Just bring yourself and be ready to engage. All materials are provided, and the sessions are designed to be practical and inclusive*