

Coaching Effectively

Who would benefit from attending?

Anyone who needs to make relevant and real differences, to develop and enhance performance, for anyone in the organisation they work for. This highly participative, hands-on course will enable you to help individuals, and teams overall, to perform to the very best of their ability.

Course Content

- What is coaching and why coach?
- The 12 dimensions of coaching
- How to avoid Limiting Beliefs. To believe, we must first believe we can.
- How to develop self-awareness using the Johari Window.
- How you can grow a style and become an inspiring coach
- How you can launch and pursue a creative yet structured approach
- How you will help individuals and teams excel
- How to develop a coaching plan to achieve goals
- How to especially use enquiry, discussion, feedback, reflection and task-play to optimum effect
- How to approach, develop and communicate best
- How you will evaluate, reinforce and motivate further success
- Extrinsic rewards – intrinsic motivation
- Key Learning Points round-up. Planners and check lists

Key Benefits

1. Key point notes you can use as “Refreshers”
2. Prestigious attitudes training certificate
3. One-to-ones or small groups at your own premises.
4. Or Open Scheduled courses.