

# COACH INTERMEDIATE: TWO PLUS ONE DAY WITH TELEPHONE COACHING

'It is not enough to have a good mind, the main thing is to use it well.' (René Descartes)

## Overview

- A programme that combines group work with telephone coaching to increase support for the manager to change everyday behaviour

After the first two day skills event, your managers return to the workplace for around 4-6 weeks to practice coaching, read *Brilliant Coaching* and write regular personal reflection notes.

In addition, managers receive two, one hour coaching calls from an experienced coach. These individual coaching sessions emphasise and accelerate learning in a way that naturally reinforces coaching behaviours.

On the one day follow-up event managers review and share progress as a group. They also learn additional information and tools that accelerate their effectiveness as a coach.

A further telephone coaching session occurs 4-6 weeks afterwards, in support of ongoing learning.

## Who is it suitable for?

- Any junior, middle or senior manager
- HR professionals, consultants, advisors
- Mentors, influencers, project managers

## What will they get from it?

Everything included on the two plus one day programme, plus:

- Personal coaching support to help people integrate new behaviours into everyday situations
- A firm foundation for future skills development, e.g. a clear plan of action
- A personalised learning experience, i.e. **three** telephone coaching sessions

