

# COACHING FOR PERFORMANCE: TWO PLUS ONE DAY EVENT, WITH PRE- AND POST-WORK

Listening, questioning, creating openness and trust - coaching skills are universal

## Overview

- Combining classroom learning with practice in the live environment

### Our most popular programme

After attending our two day Foundation Programme, managers return to work for 4-8 weeks. During this period they:

- Adopt coaching behaviours in the workplace
- Work on personal goals set during the event
- Continue to read *Brilliant Coaching*
- Write regular personal reflection notes

At the one-day follow-up event managers review and share progress, plus gain support for any 'teething' issues. Managers also learn further coaching principles and tools that they can start using right away.

## 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 in our Coaching Foundation programme, plus:

- Practical support for the integration of coaching into their situation and role
- An understanding of *emotional maturity*, as an influence on both themselves and the people they coach
- How to ask 'powerful questions' - a tool that helps resolve issues by developing a solution-focus

