

Coaching To Improve Performance

All courses can be virtual or face to face

Sample Content Includes:

- The Role Of a Coach
- What Is Coaching?
- The Difference Between Coaching, Mentoring, Counselling & Training
- Types Of Coaching
- The Coaching Process
- Coaching Agreements, Ethics & Confidentiality
- Managing Expectations – Own & Others
- Identifying & Engaging Stakeholders
- Planning The Coaching Session
- Coaching Goals – SMART goals
- GAP analysis – Determining Current Situation Against Goals
- SWOT analysis – Personal Strengths, Weaknesses, Opportunities, and Threats
- Preparing Yourself As a Coach
- GROW Coaching
- RADAR Instructional Coaching Model
- 5 Key Skills Of An Effective Coach
- Building Rapport
- Listening
- Questions
- Giving Feedback
- Empathy
- Challenging Others
- Emotional Intelligence & EQ Coach
- Linking Coaching to Performance Management
- Coaching Logs and Records

Contact us for a full course outline.

