

# COACHING FOR RESULTS

## High Impact Training Session



### Who should attend?

Individuals who manage staff and want to nurture, inspire and build a highly effective team. The course will provide insight into the core principles and benefits of coaching.

### High Impact Session topics

- The power of coaching
- Skills and qualities of a high performance coach
- Thinking styles for effective coaching
- Areas of focus
- Structuring coaching sessions
- Coaching beyond your boundaries
- Identifying performance patterns
- Tracking success
- Overcoming obstacles
- Preparing a personal action plan