



TRAINING SESSIONS

PURSUIT
PEOPLE SOLUTIONS

LUNCH & LEARN

Coaching Skills for Managers

COURSE OBJECTIVE

For participants to have an understanding of the essential role of the coach and how they can guide their people to develop themselves.

COURSE CONTENT


- The what and why of coaching.
- Coaching - poor performers and high performers.
- Formal coaching vs informal coaching conversations.
- Essential coaching communication skills.
- Structuring a coaching session using the GROW model.
- Wrap up and Evaluation sheets.

WHO SHOULD ATTEND? Anyone who would like to:

- Have more strategies for both formal and informal coaching.
- Feel more confident and comfortable in coaching employees who may be resistant to coaching.
- Instil an effective coaching culture in their workplace.

COURSE RATIONALE

As a leader, one of your most important roles is to coach your people to do their best. By doing this, you help them to make better decisions, solve problems, learn new skills and progress their career. This session will provide participants with the knowledge of how to become an effective coach.

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