

Performance Coaching

Communication skills enhancement for professionals, managers and executives



“The coach is not the player, but an instrument, in service to the art of the coachee.”

Angus McLeod
Author, “Performance Coaching”

Master your communication challenges!

How successful and effective you are as a manager and leader often depends upon how successful and effective you are at achieving real communication or common understanding in your daily work or in mastering new challenges. Improved awareness of your present style will help you to make conscious and informed choices about the words you select and use, your tone of voice, the body language you display, the image you project. Individual coaching allows you maximum scope to experiment in a confidential and safe environment and to be questioned and challenged in order to assist you towards a target defined by you. Our expert coaches are ready to help you in sessions driven by your unique needs.

Training especially designed for:

- Managers, business professionals and people who want to be the best communicators they can be.
- Perfect for individuals in flexible sessions of 2 hours, 1/2 day or full day.
- Also suitable for small groups of up to 3 with similar outcomes.

Important for the coaching process:

- Successful coaching is driven forward by the coachee.
- A clearly defined goal and outcome is needed i.e. a specific project or work-based target, often important for both the individual and the organisation and which can form the underlying basis for the coaching process.
- Preliminary contact between coach and coachee prior to the coaching (by telephone for example) is highly recommended.
- Understanding should be reached between coach and coachee not later than the first session of the basic principles and methodology of the coaching.

Try - Test - Adapt - Apply!

- Work on your own issues and challenges.
- Experiment and analyse your style by seeing yourself in action on video.
- Receive feedback & insights from your coach.
- Track your progress using the “Learning Log” and “Quick Wins” and adapt your learning to optimise your individual performance.

A coachee’s perspective:

“I really learned a lot about my behavioural and communication patterns and how to adapt them to become more effective at what I do.”