



COACHING FOR PEAK PERFORMANCE

Know the right ingredients for effective coaching

COURSE OVERVIEW

The best athletes in the world didn't reach the top of their game on their own – they were continually critiqued or “reviewed” by their coaches, game after game, season after season. This is because even the best athletes have room for improvement.

At eMatrix, we understand great coaching can be the key to success in business. This course will provide you with the right ingredients for effective coaching to suit your workplace. It's about supporting employees in the process of maximising their potential. Whether in sports or business, coaching can help achieve greater focus, clarity and results, and increase the overall bottom line.

LEARNING OUTCOMES

- Know the right ingredients for effective coaching
- Understand what coaching means at your organisation
- Understand the role of inputs and outputs in coaching
- Identify the ingredients of a great team member
- Understand how tracking productivity can highlight coaching opportunities
- Identify coaching opportunities that arise in the workplace environment
- Understand the role of coaching in the workplace
- Learn to read body language and work with the styles of others
- Apply effective questioning techniques to deal with problems
- Use the GROW model to prepare, structure, deliver, document and follow up your coaching session