

# Feed your potential



# core coaching

Coaching in the workplace enables leaders to work effectively and strategically, by working on the business, rather than in it. Through employment of coaching practices, leaders and managers can make dramatic improvements in how they support and motivate their teams to succeed.

This program guides individuals to become proficient business coaches, empowering them to inspire individuals to continually improve their performance. The program includes both coaching theory and skills, with a large emphasis placed on experiential exercises and feedback to develop know-how, self-awareness and coaching confidence. Also, included within the program are all the required tools to implement a coaching system into your organisation. Modules can include:

- The role of the coach
- How coaching works
- Core coaching skills
- Ask, don't tell
- Empathic listening
- Emotional intelligence
- Grow coaching model
- Manage poor performance
- Give feedback
- Smart goal setting
- Manage a performance review
- The coaching workbook
- Creating time to coach
- Best practice coaching tools

Each Core Practice is an experiential group workshop, tailored to directly align with your business culture & needs. They're effective separately, and can be combined to create long-term programs. The practices include:

Core Time	Core Strategy
Core Coaching	Core Projects
Core Behaviour	Core Teams
Core Change	Core Wellbeing
Core Service	Core Leadership
Core Negotiation	Core Communication



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