

Skillsbootcamp

18th March 2020

8:30 AM Speed Coaching

Summary:

Creating a coaching culture is the most successful way to ensure consistency, collaboration & an aligned culture. However many leaders and managers are unable to spend the time or have the skills to enable them to do this successfully. This session will give them practical tools & skills not only to coach but to develop a speed coaching style.

Key learning :

- What is speed coaching and how does it differ from mentoring and teaching;
- Understand the skills required of a coach;
- Using the GROW model - a formula for coaching;
- Role model session showing GROW in action;
- The top ten best tips we have found from reading 100's of articles and attending sessions.

It would suit:

Anyone who has to coach or guide an individual, team member or colleague. This is ideal as a refresher and alternative approach from experienced leaders and as a starter for new managers, leaders and coaches.

10:30 AM How to hold a tough conversation

Summary:

There are times when leaders need to have tough conversations, whether this be with your own teams, peers, customers & clients. Based on the latest research and thought leaders recommendations, this session gives a framework from within which you can have the conversation yet still maintain the relationship & are able to move forward productively

Key learning :

- Understand the benefits of a tough conversation and why it is crucial;
- A structure to follow;
- Managing emotions;
- A role model session in action;
- The top ten best tips we have found from reading 100's of articles and attending sessions.

It would suit:

All leaders, managers and entrepreneurs who have to have tough conversations with suppliers, peers, their reportees or their boss. This structure works on all levels and can give anyone needs to have the conversation the confidence and impetus to have one.

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Inspiring learning in 90 minutes