

A photograph of two mountaineers on a snowy mountain peak. The climber in the foreground is wearing a green jacket and a red helmet, smiling. The climber in the background is wearing a red jacket and a white helmet. The background shows a vast, snow-covered mountain range under a clear blue sky.

REDROCK
International

Believing in People

COACHING

**A POWERFULL WAY
TO GET THE BEST FROM OTHERS**

Learn how to enable your team members to discover and achieve their full potential.

www.redrockinternational.com

VERY FEW PEOPLE ARE ABLE TO ACHIEVE THEIR OPTIMUM PERFORMANCE WITHOUT HELP

Teams and individuals have a tendency to fall to the lowest common denominator of performance rather than try for the highest. We need good coaching skills to motivate, develop competencies, and guide our team members to reach their optimum performance.

This course gives you those skills. Participants are equipped to expand their coaching skills by establishing trust, asking questions, engaging in empathetic listening and giving and receiving feedback. They learn the know how of setting goals and developing plans. They also learn how to facilitate progress, overcome struggles and encourage achievement.

This course helps coaches define their own areas of influence, the learning style of the coachee and be able to choose the coaching approach that turns the best results.

HOW IT WORKS

We start by describing coaching as a relationship that enables another individual to achieve their full potential. We then unlock the different aspects that nurture this relationship and the coaching process.

In an interactive way, step-by-step procedures are learned to define coachee needs, learning styles, ways to motivate and plan the journey together towards agreed goals. Communication skills are taught and practised. The course starts by helping participants create their own development plan to become successful coaches.

Through group discussions, participants look at possible obstacles, difficult characters or opposing cultures and find solutions. Skills are sharpened throughout the course by having participants coaching one another.

Through a combination of taught content, practice and succinct feedback participants gain confidence to become great coaches.



WHO FOR

Get on this course if you:

- › Want to develop your team and team members towards their full potential.
- › Want to develop your own coaching skills.
- › Need to learn a structured approach to coaching.
- › Want to create a coaching culture that inspires continuous personal development.

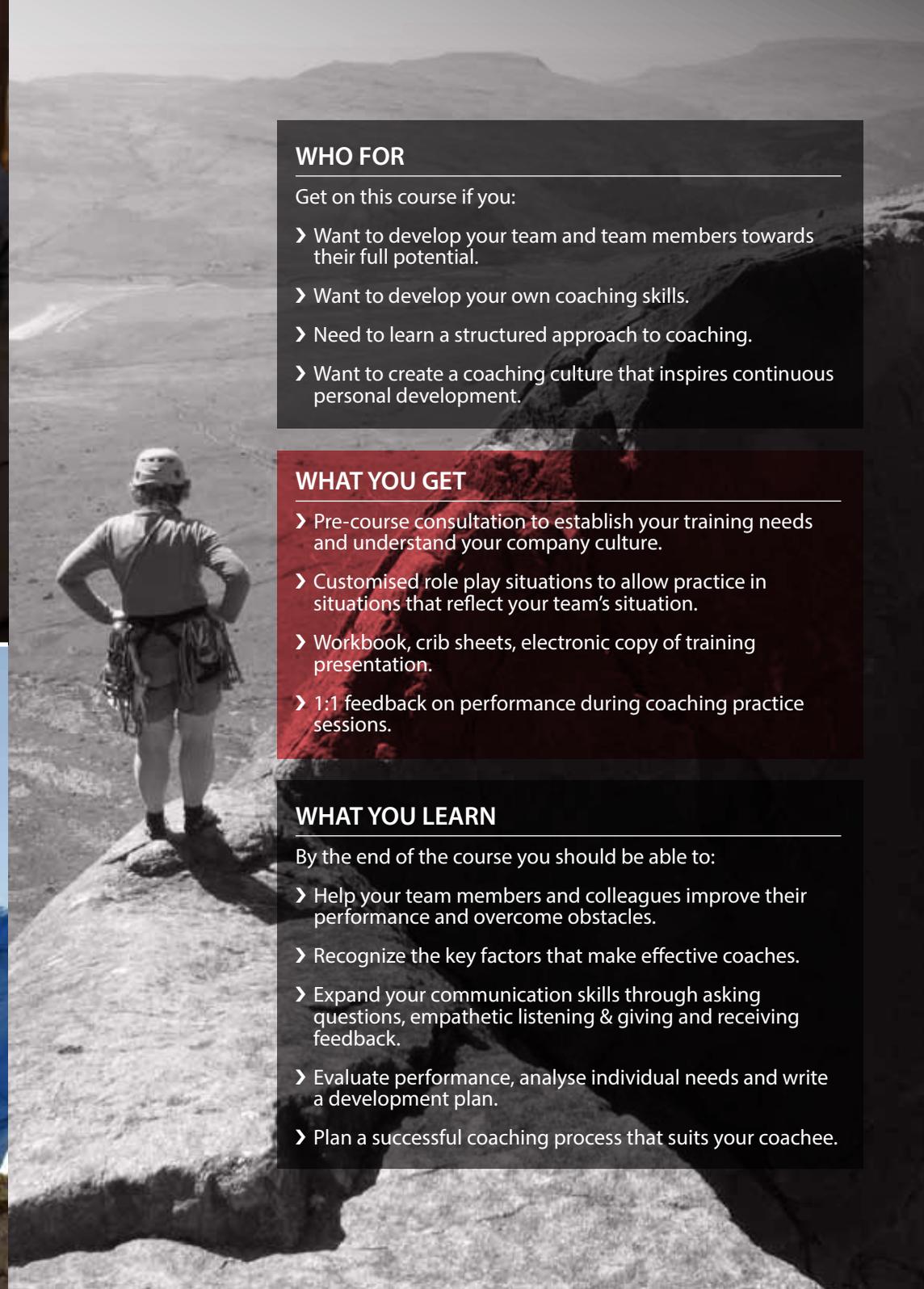
WHAT YOU GET

- › Pre-course consultation to establish your training needs and understand your company culture.
- › Customised role play situations to allow practice in situations that reflect your team's situation.
- › Workbook, crib sheets, electronic copy of training presentation.
- › 1:1 feedback on performance during coaching practice sessions.

WHAT YOU LEARN

By the end of the course you should be able to:

- › Help your team members and colleagues improve their performance and overcome obstacles.
- › Recognize the key factors that make effective coaches.
- › Expand your communication skills through asking questions, empathetic listening & giving and receiving feedback.
- › Evaluate performance, analyse individual needs and write a development plan.
- › Plan a successful coaching process that suits your coachee.



TRAINERS

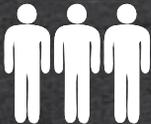
RRI works in small teams delivering exciting team and leadership products globally. We are passionate about developing the best training products for today's world. So, we're pretty committed to getting the best from our teams and staff. We strive to create organizational cultures that believe in people's potential and encourage excellence in all we do. Coaching, as taught on this course, is key to unlock hidden potential and face up and correct under-performance. As a result our staff performs better and our business is stronger. We believe in what we teach.

OUR COMMITMENT

We think this is a really good course and that will make a genuine difference in your ability to improve the performance of your staff and team. It is important to us that the course achieves its purpose. We will follow-up on the participants' evaluation and we are ready to help you take the learning into further implementation steps to make sure your goals are achieved.

KEY FACTS

PARTICIPANTS



Minimum of 6
Maximum of 20

DURATION



2 Days

LOCATION



Hotel or customer
training facility

REDROCK
International

UK

2 Fron Terrace, Llanelli
Carmarthenshire
SA15 1BW
+44 (0)1554 777450
info@redrockinternational.com

EGYPT

6A El Malek El Afdal, 8th Floor,
Apartment 16, Zamalek, Cairo
11511, Egypt
+2-0128-265-1452
egypt@redrockinternational.com