

*Context of Coaching* is the first of three workshops in the dynamic series, *Executing Coaching Excellence*. This experiential workshop is delivered exclusively by X<sup>2</sup>ponents. Leader Coaches will learn fundamental coaching skills and hone these skills by practicing them in performance coaching models.

## Who would benefit

- Business professionals in leadership positions interested in developing their coaching and communication skills.
- Leaders and Managers that want a practical approach to learning how to coach.
- Teams looking for opportunities to strengthen their relationships and increase their productivity.

## At the end of this course, you will be able to

- Understand and demonstrate coaching fundamentals.
- Deliver specific feedback.
- Conduct performance coaching models.

## Learning Approach

- Dramatic design
- Behavior modeling
- Experiential
- Dialogue related to relevant work experiences

## Course Structure

A two-day workshop

Notes: Minimum class size 9, maximum 21

## What you will learn

### **Fundamental Coaching Skills:**

- Developing Authentic Trust
  - Building Confidence
  - Being Transparent
- Sparking Insight
  - Asking Compelling Questions
  - Intentional Listening
- Moving Into Action
  - Assuming Greatness
  - Collaborative Goal Setting

### **S.A.G.E. Feedback Model**

### **Performance Coaching Models:**

- Executing Performance Objectives
  - G.O.A.L.S. & R.E.V.I.E.W. Meetings
- Coaching Behavioral Excellence
  - S.K.I.L.L. Meeting

