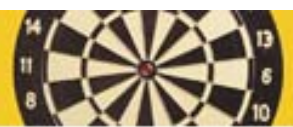


COACHING FOR BEST PERFORMANCE



Sympatico is one of Australia's longest-established corporate coaching and management development services.

Sympatico Coaching Practice presents **Coaching for BEST Performance** with Annie Stewart and Jennifer Beard



OVERVIEW

Employee engagement and accountability are challenges that face leaders and managers as they strive to coach and develop their people.

Coaching for BEST Performance teaches participants how to advance their capacity and capability to develop and sustain the performance and motivation of individuals and teams.



Coaching for BEST Performance ©

**Coaching for BEST Performance =
Strengthen your CAPACITY + Build their CAPABILITY**

FEATURES:

- Best practice content
 - Proven results
- Interactive and practical
- Live coaching opportunities
- Excellent resource workbook
- Facilitated by two of Australia's most experienced corporate coaches

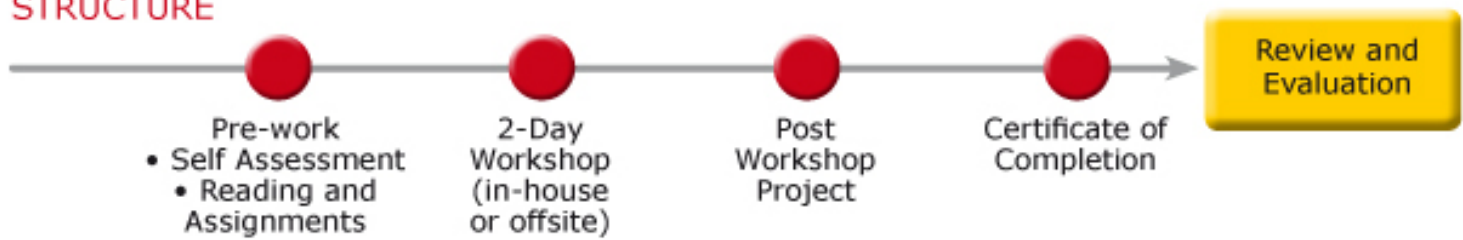
LEARNING OUTCOMES

By the end of the program, participants will be able to:

- understand the **Coaching For BEST Performance** model for strengthening capacity and building capability of individuals and teams
- differentiate between coaching, counselling and mentoring styles and when to apply
- learn and apply a proven coaching process and methodology
- learn and apply a process to identify and respond to the values and motivators of others
- identify when and how to adapt coaching style to the skill level and motivation of the coachee

- apply the key coaching skills of goal setting, feedback, attending, advanced listening and holding accountability
- prepare, deliver and follow-up on a coaching development plan
- link and monitor strategic/operational goals to an individual or team coaching development plan
- apply techniques to deal with resistance, set backs and common mistakes
- identify what is already working for them, and how they can leverage their strengths going forward.

STRUCTURE



OPTIONS

- One on One Coaching
- Team Coaching
- On-line job aids
- Train the Trainer
- Measurement Tools - Human Synergetics LSI - Myers Briggs Type Indicator - Sympatico Coach 360



About the facilitators:
Specialists in coaching and facilitation, Annie Stewart and Jennifer Beard have delivered a combined 20,000 hours of coaching and over 600 training days in coaching and performance management skills.



Contact Annie Stewart on 02 8243-5777 for an obligation-free discussion about your training requirements

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