

January 16, 2018

COACHING FOR GREATER EFFECTIVENESS

AGENDA

- Coaching through “blocks”
- Some best practices for sustaining a coaching culture
- Coaching SBII Practice
- Social time – building relationships

Key Principle

Each moment describes who you are and gives you the opportunity to decide if that's who you want to be.

Blocks

- Limiting Beliefs – believing something is not possible
- Assumptions – if it happened in the past, it will happen again
- Interpretation – an opinion about an event, situation or experience
- Inner critic – I’m not good enough, I’ll never be....
- Outer block – things outside your sphere of control

Sustaining a coaching culture

- Discuss coaching and SBII in management meetings
- Have lunch discussions
- Managers of managers – start your one on one with an open ended question

Practice

COACHING AND SBII