



· LPD ASSOCIATES ·  
learn perform develop

Course Outline

## Coaching: Improving Performance for Teams and Individuals

**You know the power of coaching but finding the time can be hard and sometimes you may not be the right person to coach particular individuals. As highly experienced coaches in educational and business organisations of all kinds, we can solve your problem. Wherever the performance gaps may lie, we'll provide high quality, cost-effective coaching services to improve performance and deliver impressive results. All tailored to your needs.**

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### Coaching Conversations Workshops

Learning how to structure and engage in coaching conversations is a great introduction to the value and practice of coaching. It's also a positive and enjoyable icebreaker for those without any knowledge or understanding of the subject.

#### 1-1 Coaching

**Individual, face-to-face coaching for senior leaders can be delivered either in your own workplace or off-site.**

Our multiple 1-1 coaching packages are ideal where a number of staff members urgently need to achieve particular goals, such as progressing an important project, improve particular aspects of their performance or step up to the next leadership level.

We can also spend a day onsite offering up to four individual, face-to-face coaching sessions of approximately 1.5 hours each. All we need is a quiet room in which to work for the day.

#### Team coaching

**Do you have a team or department which struggles to achieve its objectives?**

We can work with your teams, helping them to identify where and how they can improve. What's more, we'll secure their commitment to achieve their agreed goals and will help them to do so with confidence.

#### Individual coaching within a group

**Would you like all your staff to move forward and make improvements faster?**

Coaching individuals in groups gives many staff the opportunity to progress together. Using a slightly different approach from 1-1 coaching, it opens up an illuminating and engaging development session that rapidly increases your people's confidence in coaching and improves their performance. In addition, it provides a model for staff to continue supporting themselves to achieve further objectives.

#### Developing a coaching culture

**Imagine the benefits of valuable coaching conversations and a healthy coaching culture in your workplace...**

Individuals, teams and leaders would all perform more efficiently, effectively and with far less stress. We deliver practical, enjoyable and effective 'coaching culture' workshops & Senior Leadership support, tailored to meet every client's needs and circumstance. The format works particularly well following changes and new initiatives, or where staff need greater motivation.

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Want to discuss your particular coaching requirements? Contact Lisa or Adrian at LPD.

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