

Introduction

Coaching is the strategy used by companies to reinforce learning and encourage development within the organisation. Regular coaching sessions enable individuals to remain focussed, review progress and develop action plans for future goals.

Aims

External Coaching is provided to enable all necessary personnel from senior executives to less experienced staff the opportunity to be encouraged to develop both professionally and personally in a confidential environment.

It can be used to assist with difficult work situations or where there is perceived to be a loss of motivation, direction or sense of purpose.

The role of the One2one Coach is to encourage individual growth and responsibility to achieve business goals and targets, whilst dealing with any personal issues.

Benefits to the individual

- Challenge behaviour in an unthreatening way.
- Confidentiality to discuss personal barriers to performance.
- No hidden agendas.
- Instant availability with telephone support.
- Informal atmosphere.
- Increased efficiency by understanding own limiting beliefs.

Benefits – to the organisation

- Improved motivation throughout workforce
- Increased staff responsibility for personal growth
- Investment in people
- Perceived value from staff

Who Should Attend One2one Coaching?

Ask yourself this; how many people in your organisation can you share 100% of your thoughts with no recrimination? The One2one coach is used to enable each individual to discuss topics *they* choose, issues *they* have or goals *they* wish to work towards.

