1:1 Coaching

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WILTON BRADLEY

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Training Module

Duration:	Bespoke packages available	**Delivery Methods:**	Face-to-face

Who Is This Training For?

Anyone, **at any level**, who wishes to become a better version of themselves professionally, and maximise their potential

Course Description

Firstly, it's not something that is done to anyone. It also is not specific hard-skill training. Professional coaching is basically an opportunity for a member of the workforce to work collaboratively with someone, to develop their skills through support and tailored guidance.

People often think of professional coaches in the sporting sense; shouting form the sidelines trying to illicit the best performance. With this development opportunity, you won't get that at all.

After an initial session to determine needs, each subsequent session will centre around focussed questioning, designed to help the coachee arrive at conclusions themselves, which will lead to targets they can work on between sessions. The suggested number of sessions is usually around six, however this can be extended if the coachee feels there is the need to spend longer on the areas for development. The coach's job is purely to ask the right questions, and help the individual steer their learning in the right direction.

Whether you're the CEO, a member of the board, a middle manager or a member of any other team, this could be for you if you want a focussed, guided approach to professional and personal development.

Benefits Of Attending

The benefits of approaching development in this way are that employees and teams will be better placed to see:

- Better communication
- Greater cooperation
- Improved decision-making
- Increased self-awareness
- Less conflict
- Overall better performance
- Reduced staff turnover
- Shared vision and commitment
- Support for individuals and teams through workplace changes
- Support for lifelong learning and more responsibility for own improvement
- Better motivation
- Greater productivity
- Employees feeling invested in
- More effective time management