

Building Coaching Skills to Tap Potential
Online Course

Session 1 Agenda

9:00am - 9:05am	Introductions and Ground Rules
9:05am - 9:20am	Registrants Introductions
9:20am - 9:35am	Difference between a Coach and a Boss
9:35am – 9:45am	Drama Triangle
9:45am – 9:55am	Break
9:55am - 10:25am	Drama Triangle and Mindset
10:25am - 10:50am	Who Owns the Problem?
10:50am - 11am	Break
11:00am – 11:15am	Key Skills to Facilitate Problem-Solving
11:15am – 11:30am	GROW Model/Tips for Developmental Coaching
11:30am – 11:45am	Development Coaching Skill Practice
11:45am – 12noon	Wrap Up

Session 2 Agenda

9:00am – 9:10am	Welcome Back
9:10am – 9:55am	Developmental Coaching Skill Practice
9:55am – 10:05am	Break
10:05am – 10:30am	The Performance Coaching Model
10:30am – 10:50am	Performance Coaching Skill Practice
10:50am – 11:00am	Break
11:00am – 11:30am	Performance Coaching Skill Practice
11:30pm – 11:50am	When to Advise/Why Coaching Works
11:50am – 12noon	Reflection/Wrap Up