

## Enthuse Your Coaching

<b>Purpose:</b>	To develop your ability to adopt the coach mindset and facilitate effective coaching conversations. Developing and applying your Emotional Intelligence to create an environment for building relationships and accountability.	
<b>Duration:</b>	Two consecutive days.	
<b>What will we be doing?</b>	<ul style="list-style-type: none"> <li>• Engage – Inspire – Enthuse</li> <li>• Create the coaching environment</li> <li>• The Challenge is The Opportunity</li> <li>• Think questions, questions, questions</li> <li>• Emotional Intelligence – your way to release your most powerful resource</li> </ul>	<ul style="list-style-type: none"> <li>• The Enthuse Coaching model: -                         <ul style="list-style-type: none"> <li>• Self-awareness</li> <li>• Challenge</li> <li>• Success</li> </ul> </li> <li>• LISTEN</li> <li>• Practice, practice, practice</li> <li>• The coach mindset</li> <li>• Shutting down your coachee’s BS Factory</li> <li>• Coaching conversations &amp; giving feedback</li> </ul>
<b>How will the Purpose be achieved?</b>	<ul style="list-style-type: none"> <li>• Facilitator input</li> <li>• Group discussions</li> <li>• Practical activities in pairs and small groups</li> <li>• Practice coaching conversations</li> <li>• Being observed and receiving feedback</li> </ul>	
<b>What do you expect from me?</b>	<ul style="list-style-type: none"> <li>• Turn up and be you</li> <li>• Participate – have a go!</li> <li>• Listen</li> <li>• Share your ideas</li> <li>• Encourage others</li> </ul>	
<b>What’s In It For Me?</b>	<ul style="list-style-type: none"> <li>• Adopt a coach mindset</li> <li>• Confidently engage in coaching conversations</li> <li>• Grow your positive influence with yourself and others</li> <li>• Support others to quieten their inner critic and make positive choices to respond to their thoughts and emotions</li> <li>• Create an environment for empowerment</li> <li>• Coach people to build relationships and build accountability</li> <li>• Engage in meaningful and impactful coaching conversations</li> <li>• Give feedback during coaching conversations</li> <li>• Role model the coach leadership style</li> <li>• Choose to be an effective coach</li> <li>• Develop the superpower of Self-Awareness in you and others</li> <li>• Conduct practice coaching conversation and receive development feedback</li> <li>• Develop emotional intelligence in you and others</li> <li>• Embrace ‘The Challenge is The Opportunity’</li> <li>• Be effective at every stage in the Engage – Inspire – Enthuse model</li> </ul>	

## Enthuse Your Coaching – Frequently Asked Questions

<p><b>What can we expect at the Learning Experience?</b></p>	<ul style="list-style-type: none"> <li>• Interaction – definitely not ‘death by PowerPoint’</li> <li>• Fun</li> <li>• To be challenged</li> <li>• To be asked questions</li> <li>• Encouragement</li> <li>• To focus on you</li> </ul>	<ul style="list-style-type: none"> <li>• Effective tools &amp; techniques</li> <li>• Activities &amp; discussions</li> <li>• Not to be lectured</li> <li>• To be listened to</li> <li>• To learn about yourself</li> <li>• Honesty</li> <li>• An engaging environment</li> </ul>
<p><b>How will it help us?</b></p>	<ul style="list-style-type: none"> <li>• Improved positive influence</li> <li>• Heightened self-awareness</li> <li>• The ability to develop &amp; apply your Emotional Intelligence</li> </ul>	<ul style="list-style-type: none"> <li>• Leaders &amp; colleagues who are confident coaching others</li> <li>• An environment for empowerment</li> <li>• Improved relationships &amp; accountability</li> </ul>
<p><b>How much is it?</b></p>	<p>£3,500+VAT (for face-to-face–virtual solution costs on request)</p>	
<p><b>What are your expenses?</b></p>	<p>Travel &amp; accommodation (where applicable). Travel is charged at 45p per mile or equivalent travel costs i.e. return train fare.</p>	
<p><b>How many people can attend?</b></p>	<p>A minimum of 4 &amp; maximum of 12.</p>	
<p><b>Who is it for?</b></p>	<p>Leaders &amp; colleagues who coach others in their roles.</p>	
<p><b>Where will it take place?</b></p>	<p>At your premises or venue of your choice. Enthuse can arrange a venue if required which is recharged at cost.</p>	
<p><b>Does it have to be face-to-face?</b></p>	<p>It is recommended because coaching is most powerful when conducted face-to-face. There is a re-imagined virtual experience that can be facilitated via Zoom if that is your preferred delivery method.</p>	
<p><b>Does it have to be two days?</b></p>	<p>Yes as this gives enough time for the learning &amp; practice coaching conversations. Some clients extend this to add more practice &amp; include follow up coaching sessions to further develop &amp; apply the impact of their Enthused Coaching.</p>	
<p><b>What do we get for our money?</b></p>	<ul style="list-style-type: none"> <li>• Interactive workbooks</li> <li>• Practical tools &amp; techniques</li> <li>• Engaging facilitation</li> </ul>	<ul style="list-style-type: none"> <li>• Emotionally intelligent &amp; self-aware leaders &amp; colleagues</li> <li>• Access to additional resources</li> </ul>
<p><b>Why Enthuse Coaching &amp; Training?</b></p>	<p>Because Emotional Intelligence will get you further in life than anything else. All of our learning experiences are routed in Emotional Intelligence &amp; don’t just develop skills; we provide the opportunity to make positive choices to be the version of you that you want to be.</p>	