

# COACHING SKILLS



**ThriveWise**  
SOLUTIONS LLC

## A COACH'S ONLY OBJECTIVE IS TO IMPROVE POTENTIAL

Coaching is an interactive process of helping others reach their goals. It involves unlocking a person's potential to maximize performance.

**Workshop for new managers and rising leaders**

### WORKSHOP DETAILS

#### Target audience

- New Managers / Rising Leaders
- HR and Line Management with staff

#### Time investment

- 30 minutes of prep work
- 2-hour workshop

#### Workshop format

- Live classroom
- Virtual classroom

#### Workshop features




- Preparing for your role as coach and the investment in others' success
- Engage in coaching focused on outcomes
- Post workshop coaching guides and helpful worksheets




### LEARNING OBJECTIVES

#### Workshop participants will ...

- Discern what is coaching and what is not, and when coaching is appropriate
- Identify early derailment factors
- Improve listening, questioning, and reflection skills
- Build foundations for providing feedback, using situation-based models and preparation for reactions to feedback
- Prepare for coaching conversations with useful tips
- Understand how to use simple reflection and vision tools during coaching programs



 [thrivewisesolutions.com](https://thrivewisesolutions.com)  
 [linkedin.com/company/thrivewise-solutions](https://linkedin.com/company/thrivewise-solutions)  
 [facebook.com/ThriveWiseSolutions](https://facebook.com/ThriveWiseSolutions)

 Jessica Moore  
 [jessica.moore@thrivewisesolutions.com](mailto:jessica.moore@thrivewisesolutions.com)  
 609.571.8377