



COURSE OUTLIN

Morning Break: 10.30 - 10.40

PERFORMANCE COACHING **MODULE 1:**

KEY COMPONENT & GOAL SETTING

Key Rules of Coaching for Top Performance

Self-assessment in work context

Identify process and key success indicators

Conversation for building rapport & trust in the Team

Goal setting of Your Team & Corporate Targets

Practice: Goal setting, identify process and key success indicators

Lunch & Networking: 12.00 - 13.00

OBSTACLES AND MODULE 2: OVERCOMING

Work related obstacles & Emotional related obstacles

Identify root cause and solutions

Action Steps

Review Period

Practice: Identify work & emotional related obstacles and solutions

TECHNIQUES FOR PERFORMANCE COACHING

Sample of good words and prohibited words for coaching

Follow up the development of both their own work and emotion

Questions that stimulate thinking in the work and emotional development

Do/ Don't for coaching

Motivation and helping in work

Practice: Technical training in the use of words and tone

Afternoon Break: 15.00 - 15.10

END OF THE PROGRAM