

Principles for Coaching and Mentoring

*“Coaching is unlocking people’s potential to maximize their own performance.
It is more often helping them to learn rather than teaching them.”*
— John Whitmore

Anyone who has ever worked with a professional coach knows the value of receiving guidance to advance their career or personal life. Not everyone has the time or resources to develop a relationship with their own individual coach, but they can benefit from learning the tools a coach uses to optimize their performance. This training is designed to teach participants effective coaching strategies, and in turn, to reinforce their own learning by teaching those strategies to others as they contribute to the creation of a coaching and mentoring culture within their individual workplace.

The following learning objectives will be covered:

- 1. Learn how to establish a clear vision and sense of purpose to focus on achieving success**
- 2. Identify how to maximize interests and strengths, while minimizing weaknesses**
- 3. Understand how to solicit 360-degree feedback to gain greater self-awareness**
- 4. Understand the neuroscience behind creating the self-discipline to transform goals into powerful personal habits**
- 5. Learn principles for coaching and mentoring others to optimize their performance**