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leader as coach

TRAINING PROGRAM





Experience the freedom, confidence, and success that comes from getting everyone on your team committed to the same goal!

Are you struggling with painful conversations, drowning in your to do list and feeling stuck making progress? Then this program is for you – you'll learn the skills needed to have effective coaching conversations so you can guide, inspire, and encourage team members to meet their full potential.



Who is the program for?

Anyone with responsibility for leading and managing others, who wants to **enhance** their **leadership skills** with a focus on coaching: business owners, executive leaders, emerging leaders, line managers, high-potential executives.



What's included?

- 9 x monthly **individual coaching sessions** – valued at \$3,150
- 9 x 120 min monthly **group coaching** workshops – valued at \$4,050
- **Strengths Profile** assessment and debrief valued at \$650
- **Ongoing support** via email, phone, or online support when needed
- **Networking** with peers in other industries and functions
- **Resources** to support you in your development as a coach
- Access to our **complimentary webinar series** for Impact HR clients

Your investment

For a small investment of just \$550/month, or save even more through a one-time payment of \$3,950, you'll receive more than \$7,850 in value.

Risk-free investment

100% money back guarantee. Enjoy the experience, explore the benefits of coaching and if you are not comfortable with your investment in the first 30 days, we'll refund your money.



Learn at your own pace - embed your knowledge

We know leaders and business owners are short on time and want to get **the most** out of their investment, so we've packaged the course into three **affordable** learning modules. This gives you the chance to embed and practice what you've learnt with your team as you progress.



Leader as Coach I

This introductory module will give you the **essential skills** needed to develop an **effective coaching style** as a leader. You'll practice these new skills in the monthly workshops and identify your areas for development as a leader and coach. In the monthly **individual coaching** sessions, you'll explore your goals and overcome any roadblocks to success with our experienced leadership coach.

Month 1: Introduction to coaching

Month 2: Coaching skills part-1

Month 3: Coaching skills part-2



Leader as Coach II

This module focuses on one of the fundamentals for **successful leadership** – developing self-awareness. You'll learn how your individual strengths, mindset, and emotional intelligence play a role in your coaching style and leadership effectiveness.

Month 1: Understanding and refining your personal coaching style (includes a personal Strengths Profile assessment and debrief)

Month 2: The role of psychological flexibility

Month 3: Mental health and wellbeing as a foundation for success



Leader as Coach III

This final module looks at how you can create a coaching culture within your team and across your organisation with a focus on **communication** and team coaching. During the three individual coaching sessions, you'll explore how to put what you've learned into practice and **identify areas for ongoing development and growth**.

Month 1: Creating a coaching culture

Month 2: Coaching techniques for effective communication

Month 3: Team coaching



How will this course help to grow my business?

The following case studies demonstrate the ROI from taking this course:

Save Money

One manager found they improved their staff retention and saved on significant recruitment costs (approx. \$17,000). Additionally, they were able to better connect with a key member of the team and support their development while achieving a business goal that had been out of reach for years.

Save your Sanity

Another manager was approaching burnout as she often did everything herself. (Burnout = lost productivity; which is another cost to the business). She is now better able to delegate successfully and provide the feedback and coaching needed so that the errors across the team reduced by 15% and exceeded the expectations of the business.

Empower your team and free up your time

If you have become Ground Zero for issues in your business or in your department, then this course is perfect for you. We show you how to empower your team to resolve issues without you, freeing up your time so you can focus on growing the business.





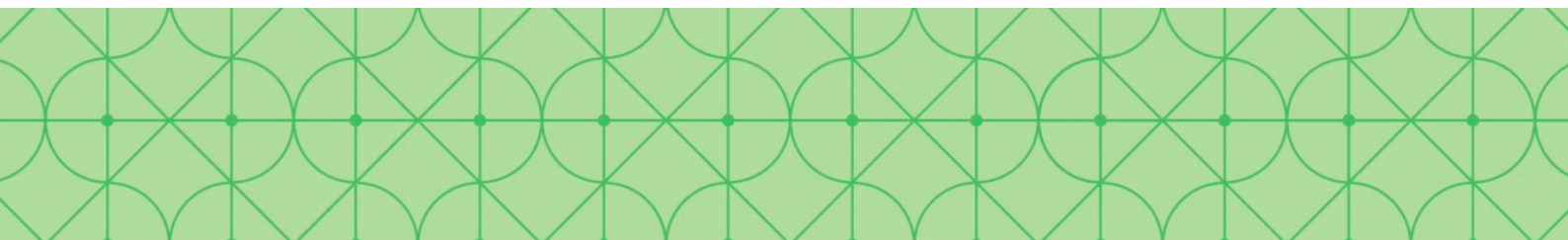
Enrol now

The next program starts on Wednesday, 19 January 2022. Group workshops run for nine consecutive months and will be held on the third Wednesday of each month from 12-2pm.

To reserve your place or book a free discussion to learn more about the program, please contact Katherine Craig on ph.0404 700 950, or email coaching@impacthr.com.au.

In-house

This program can also be tailored to meet the specific needs of your organisation and managers.



Meet the Team



Katherine Craig

Katherine Craig is an experienced coach and facilitator with more than 20 years' experience working with SMEs, not-for-profit organisations, and global corporations in Sydney and New York.

Katherine's style is warm and engaging with a practical approach to coaching and facilitating. This is deeply grounded in her love of working with people and teams to empower and help them grow and develop to their full potential. She is passionate about helping people develop good mental health and well-being as a foundation for living a happy and successful life.



Therese Ravell

Therese Ravell is an innovative Human Resources strategist with more than 20 years' experience. Her passion for people, performance and achieving client profitability, was the inspiration for starting Impact HR, which supports businesses with all their People needs.

Therese has led teams that have been recognised for global awards. In 2011 she was a Telstra Business Woman of the Year nominee and the Executive Officer of a not-for-profit organisation recognised as a Local Business Awards finalist.

The mother of two gorgeous girls and a volunteer for a number of community services including a Director of Meals on Wheels NSW and Cancer Treatment Mentor, in her free time Therese enjoys catching up with friends, yoga and exploring the amazing natural escapes in and around Sydney.