

*Where leaders
learn to coach!*



5/5/5 Coaching Skills Training Program™

Program Audience

This workshop is intended for HR Professionals responsible for enhancing organizational outcomes through the delivery of leadership training for management and executive teams.

Program Purpose

The 5/5/5 Coaching Skills Training Program™ builds a solid foundation of coaching skills for anyone to transfer to the work they do. Learners leave this program with highly effective coaching skills, powerful tools to build accountability in their dialogs including coaching tools and resources to take back to their workplace.

Why HR Professionals Attend

The 5/5/5 Coaching Skills Training Program™ demands a new way of thinking about how people interact. Drawing from the most advanced knowledge in the coaching industry, it moves participants into a new way of communicating. Participants acquire tools that move them:

- From talking at others to new ways of listening
- From building walls to building trust
- From telling others what to do to asking powerful questions
- From harsh truths to productive feedback
- From problem solving for others, to developing problem solvers

What You Will Learn

The Case for Coaching

Learners will build their own case for coaching in their organization. They will be challenged to examine current reality, possibilities and challenges to see how coaching fits. They will also get clear on what coaching is and is not and how the coach approach can impact the work they do and the goals they have.

The 5 Coaching Skills

The essential 5 skills for powerful coaching are clearly laid out in an easy to understand way for immediate transfer. The most advanced skills in coaching come to life through experiential learning and clear concepts that can be applied immediately.

The 5 Step Coaching Exchange

The program gives you a comprehensive and easy to follow 5 step process for moving an individual or team from where they are to new heights of awareness and behavior in a clear, effective and powerful way that lays the foundation for sustainable change.

The 5 Guiding Principles

What you do and how you do it is only part of what we cover in this program. Who you need to be in relationship to the person or people you are coaching is essential to understand. It is precisely what differentiates mediocre coaching into extraordinary and powerful coaching. This part of learning to coach is almost always overlooked in even the most advanced coach training programs.

Materials Provided

Each participant will receive:

- Pre-work for the program to establish focus areas for coaching during the workshop. (*Personal Groundwork for Coaching*)
- Desk reference pyramid with the 5/5/5 model for quick reference during daily conversations.
- 365 Coaching Questions booklet
- 50 Coaching questions bookmark
- Airplane journals CD, a documentary on an award-winning documentary filmmaker which includes coaching demos and instructions
- An electronic copy of workshop presentation

Points of Interest

The 5/5/5 Coaching Skills Training program has been proven effective in 38 countries with more than 17,000 people

The 5/5/5 Coaching Skills Training Program™ is Segment 1 of the Coach Approach to Leadership Series™, approved by the ICF as an ACSTH Program. (12 ICF Competency hours)

Location and Fees

This program is being offered to Saskatchewan HR Professionals at 50% off the regular rate (*cost recovery*). The fee for the 2-Day workshop, all materials, coffee/snacks and lunch for both days is \$490 + Tax.

The workshop will be held in late September or early October 2019 in a Regina location. Date and location to be finalized in August 2019.

Workshop Agenda

Day 1&2:

- History of Leadership (coaching context)
- What is Coaching / Develop your organization's case for coaching
- 5 Core Coaching Skills
- 5 Steps Coaching Exchange
- 5 Guiding principles
- Taking Action

25% of the workshop is presentation (know how)

75% of the workshop is practicing in real-life scenarios with fellow HR colleagues (show how)

Your Facilitator



Colin is a Master Certified Coach with a focus on leadership development within senior ranks of organizations. He supports leaders as a confidential sounding board and accountability partner on complex business, behavioural and core value challenges holding individuals and teams back from peak performance.

He received his executive and team coach training through Royal Roads University, Marshall Goldsmith Stakeholder Centred Coaching, Harvard Business School and Coaching out of the Box® and is accredited by the International Coaching Federation (ICF).

Confirm Attendance / More Info

Colin McAllister: colin@perspect.ca or 306-543-2231
Please visit www.perspect.ca
Please reply by August 10th, 2019 (limited seating)