Academy of Certified Human Resource Professionals
Regus Suites, 17th Floor, JKUAT Towers, Kenyatta Avenue,
P. O. Box 18582 - 00100, Nairobi, Kenya.
Tel: 020-5157034 | Mobile: 0722 300 245.
Email: admin@achrp.org | Website: https://achrp.org

IHRM ACCREDITATION NO.: C00259 | NITA ACCREDITATION NO.: NITA/TRN/1234

Coaching for Optimal Performance

Start Date	End Date	Venue	CPD	Cost	Registration Link
06-07-2024	06-07-2024	Webinar	1	1,500.00	Register Here

Introduction

This webinar is designed to help you develop and enhance your coaching skills and potential. You will learn about the characteristics of a good coach, such as listening, questioning, feedback, and rapport. You will also learn about the elements of a good coaching session, such as contracting, goal setting, action planning, and follow-up. You will also learn about the communication skills for effective coaching, such as active listening, powerful questioning, and assertive communication. Finally, you will learn about the five steps of coaching for optimal performance, such as establishing trust, exploring reality, creating options, committing to action, and reviewing progress.

Objectives

The objective of the **Coaching for Optimal Performance** training is to;

- Define coaching and its importance and benefits for personal and professional development
- Identify the characteristics of a good coach and their indicators and implications
- Assess your coaching skills and potential using various tools and methods, such as self-assessment, feedback, and reflection
- Apply the elements of a good coaching session to various coaching scenarios
- Use the communication skills for effective coaching to facilitate learning and chang
- Follow the five steps of coaching for optimal performance to help your coachees achieve their goals
- Adapt your coaching strategies to different behavioral styles of your coachees,

Target Groups

This training is suitable to a wide range of professionals but will greatly benefit;

Zoom Credentials

Webinar Link	Meeting ID	Password
https://us02web.zoom.us/j/86129001943?pwd=ck5vUE43aHdaay9LbTM2amt2OXZDZz09	861 2900 1943	845000

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Den Gathitu
Secretary General

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