

CATCH THE EARLY BIRD



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C COACHING SKILLS ~ 2 March, 6 May, 19 August, 11 November *Drawing out the potential in your team*

- ◆ Coaching defined and the benefits of this approach
- ◆ Listening and empathy skills required to coach
- ◆ Questioning skills and the GROW model

D DIFFICULT CONVERSATIONS ~ 3 March, 12 May, 11 August, 27 October *Enhance your communication and assertiveness skills*

- ◆ Why some conversations (and people) are so difficult
- ◆ Becoming a more effective (and courageous) communicator
- ◆ Planning for better results: practical strategies that work!
- ◆ Workshopping the issues: practicing the skills

F FOUNDATIONS OF LEADERSHIP ~ 11 March, 20 May, 12 August, 28 October *Essential skills for effective leaders*

- ◆ Leaders versus managers and understanding why Emotional Intelligence is critical
- ◆ Starting with you – higher self awareness creates better leaders
- ◆ Effective feedback for outstanding performance
- ◆ Creating great team cultures

BUILDING RESILIENCE ~ 18 March, 23 November *Improve the way you handle challenges*

- ◆ The importance of resilience in our lives
- ◆ The impact of beliefs upon our reality
- ◆ Our circle of control and circle of influence
- ◆ Emotional bank accounts – deposits and withdrawals

CREATING A FRIENDLY FEEDBACK CULTURE ~ 24 March, 25 August *How to effectively give and receive feedback*

- ◆ The role of feedback in improving performance
- ◆ Strategies for giving and receiving feedback effectively
- ◆ Specific model for giving feedback
- ◆ Strategies to gain and build trust and credibility

FISH!™ SCHOOL ~ 14 April, 8 September *Catch the energy and release the potential of your people*

- ◆ Explore what is currently driving your workplace
- ◆ Discover the FISH! philosophy in all its glory
- ◆ Adapt the 4 principles for your workplace/team
- ◆ Dealing with cultural change, barriers and resistance

PERSONAL EFFECTIVENESS ~ 21 April, 15 September *Simplify your priorities, enhance your ability to focus and get the job done*

- ◆ Seize the day: attitude and how to get it
- ◆ From distress to eustress
- ◆ Work smarter not harder
- ◆ Getting going to where you want to be

MAXIMISING SUCCESS ~ 29 April, 14 October *Achieve your goals—make it happen*

- ◆ Psychology of success
- ◆ What success (& happiness) is for you
- ◆ Specific, practical and tailored strategies
- ◆ Staying motivated—ready, set, go!

FISH!™ FOR LEADERS ~ 16 June, 10 November *Catch the energy and release the potential of your people*

- ◆ Understand the FISH! philosophies in a leadership context
- ◆ Create a fishy Culture in your workplace
- ◆ Learn how to motivate your team using the FISH! principles
- ◆ Inspire and engage your team