

Become an...

Internal Master Coach

for your organisation

Proudly presented by the nationally renowned **Inspirational Coaching** team



Inside This Brochure

Page

1	What is coaching?
1	What does an internal coach do?
2	About the Inspirational Coaching team
2	Our dynamic program
3	Who should attend?
3	Your Investment
4	Where and when?
4	Contact us
4	Testimonials

I cannot teach you anything, I can only make you stop and think. Socrates.

What is coaching?

Successful people make time to think, plan and reflect. Coaching will provide the people in your organisation with the opportunity to step back and take time out of their busy schedule to do this. Self reflection is the first step towards personal excellence and with the support of you as their coach they will be able to increase their self awareness, make better choices and create positive change to be even more effective in their work and life.

Many organisations around the world are using internal coaches to support and challenge their people. Coaching skills are in high demand and this is no surprise when you explore the positive impact coaching can have on any organisation.

What does an internal coach do?

An internal coach:

- Provides an objective sounding board and asks the questions that haven't been thought of yet!
- Provides support and honest feedback to help you overcome perceived obstacles and challenges
- Assists in reviewing and challenging your style of dealing with people and your strategies for getting things done and achieving success
- Assists you to become more effective and maintain good performance so you don't plateau
- Provides focus and accountability for taking action by developing specific plans with you
- Helps you to get a clearer direction and develop strategies to create positive change in the workplace and ensure you are being an effective role model
- Helps you focus on what is important and be less distracted by some of the day-to-day problems and challenges
- Helps you gain greater self-awareness and self-management with a view to being more effective in your role, career and life
- Works to compliment the goals of your organisation by building vision in others
- Works with individuals and teams to facilitate the best possible outcomes

About the Inspirational Coaching team

We specialise in the provision of **INSPIRATION** not simply information. At Inspirational Coaching we believe that everybody has something to offer and wants to perform at their absolute best in the workplace. However, we live and work in a world of high paced change, and increasing complexity. There are demands for increased productivity, clients have ever higher expectations and managers must strive for greater efficiency and effectiveness. With all that going on it is no surprise that organisations sometimes require specialists to come in to the workplace and work in partnership with their people. **Coaching** is a strategy many organisations are utilising to tap into the true potential of their people and Inspirational Coaching is working with them to develop programs that **grow their own people** as internal coaches.

Refer to our website (www.icoachu.com.au) for further information on our highly experienced team of coaches and training professionals.

We are committed to providing the highest level of service aimed at raising the bar in workplace effectiveness and the way people live their lives.

Few things help an individual more than to place responsibility upon them and let them know you trust them. B T Washington

Our dynamic program

To become an internal master coach you will attend 3 fantastic one day workshops. Along with many practical learning opportunities, you will also participate in a one-on-one coaching session plus a one-on-one mentoring session with one of our experienced coaching team.

Workshop 1 – Learn the skills you need to become an Internal Master Coach.

Workshop 2 – Practical strategies for high impact workplace coaching.

Workshop 3 – Performing as an Internal Master Coach.

You will also complete a work based project to implement your learning; and yes we will give you all the support you need!

Throughout the program you will build your interpersonal skills and practice the strategies that will turn you into a highly effective internal master coach who can inspire and challenge people to be the best that they can be!

This is your opportunity to really make a difference to the way people work.

Contact us to receive a detailed program outline of topic and sessions.

Who should attend?

Human resources professionals, training and education managers, educators from varied industries, leaders who want to tap into the true potential of their people and individuals who are committed to growing their current coaching skills.

Why?

Benefits for the participant:

- Build on your current skills for success and gain a certificate of completion
- Gain a skill that is in high demand
- You will change the way you think, manage, lead and grow
- Gain a real sense of achievement as you support others in achieving success and implementing change

Benefits for the organisation when you have an internal coach:

- More time for managers to manage
- More creative ideas, better use of people, skills and resources
- More empowered staff who can think for themselves
- Build individuals with greater flexibility, self awareness and communication skills
- Motivated staff and increased retention



How would your organisation grow if an internal coach was tapping into the true potential of your people?

Your investment

\$2,500 plus GST. In this program you will receive:

- ✓ 3 x 1 day facilitated workshops
- ✓ Morning/afternoon tea, fully catered lunch at venue
- ✓ 1 x 1 hour personal coaching session
- ✓ 1 x 1 hour personal mentoring session with individual assessment and feedback of your coaching skills from one of our team of coaches
- ✓ Comprehensive workshop manual with an internal coaches toolkit
- ✓ Feedback on your work based project
- ✓ Certificate of completion
- ✓ Up to 2 hours of telephone support over the 3 months following completion of the program
- ✓ Box of coaching cards to use in many situations in your organisation
- ✓ Exposure to various experienced coaches

Where and when?

Please contact us for the dates of the next program commencement dates. You will attend a 1 day workshop every month. There are 3 workshops to complete.

Workshop dates:

This program will be held at the Park View Hotel, 562 St Kilda Road, Melbourne. VIC. (Melways map ref 2L B9).

The Park View Hotel provides an excellent venue due to its central location, well equipped rooms and most importantly – it's great service!



Contact Us

Email: info@icoachu.com.au

Web: www.icoachu.com.au

Telephone: 03 9596 8870

Fax: 03 9596 8803

Head Office: Rear 170 Bay Street, Brighton, VIC, 3186.

Inspirational Coaching provides personal and professional coaching services to empower entrepreneurs, professionals, executives, individuals and retirees in their business, career and personal life issues, across Australia.

Testimonials for this Program

"As the National Human Resources Manager of a professional services organisation, I attended the three day workshop expecting to learn how to implement internal coaching in my organisation, this expectation was met with the highest standard but what I did not expect was that I would get a far greater level of self learning and awareness from this program. I derived enormous benefit from working with the facilitator and having her share her experiences and wisdoms. The workshop group size was ideal for the type of training as it allowed a safe environment to practice our newly learnt skills. I got great value from the coaching and mentoring session conducted by an experienced coach."

The course material was very helpful, succinct and user friendly and an easy resource to use back in the workplace. I particularly enjoyed the three days being spread over three months as it allowed me to apply what I have learnt back in the workplace and the opportunity to refer back to the facilitator (coach) for support and guidance. Since I have attended the workshop I have had many opportunities to apply my new skills and will be working towards creating a coaching culture within our organisation". **Samantha Riddle, National Human Resources Manager, DWS Advanced Business Solutions**

I would like to pass on my thanks to Lindsay Tighe for imparting her extensive knowledge in the "Internal Master Coach Program". This program for me was truly inspiring and has given me new found skills and information in relation to coaching techniques. I have taken away with me important knowledge in coaching, which is proving to be invaluable in assisting me in my role as HR Manager.

Well done Lindsay, you are truly inspirational, as is this training. **Donna King, HR Manager Melbourne IVF**