

# COACHING MINDFULNESS



## INTRODUCTION

This Coaching Mindfulness training-workshop will empower learners with the behavior, knowledge and skills to help develop and motivate others in a constructive manner. With the use of efficient coaching, learners can help boost an individual or team's overall performance.

In today's environment of changing technology and evolving organisations, coaching can create a strong competitive advantage. It provides continuous learning and develops people to meet current and future needs. Coaching Mindfulness is an investment made in developing key resource people for the longterm benefit of the organisation.

## OBJECTIVES

- Understand the GROW model and apply it
- Learn to set appropriate, effective goal using SMART technique
- Learn to identify coaching options for employees, creating a preliminary plan with action steps
- Understand the importance of building and fostering trust with employees
- Master the art of giving effective feedback while maintaining trust
- Understand the importance of building and fostering trust with employees
- recognize and overcome common obstacle that are holding employees back
- Learn to continue to transition an employee to other opportunities for continue growth



## WHO SHOULD ATTEND?

Supervisory to Managerial

If you have any enquiries, please contact

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**SBL CLAIMABLE**

