



Coaching Skills Gyms

Business Driver

Particularly in challenging times, leaders need a repertoire of approaches when managing their teams. The awareness and application of coaching skills are essential to maximise and sustain performance of individuals, teams and organisations. Coaching skills can be applied to leading teams, motivating others, delegation, managing performance, as well as maximising potential and this Gym acts as an introduction to coaching as well as covering the core components for a manager to apply these skills in their work environment.

In a Nutshell

The Coaching Skills Gym is a one-day energetic and intensive workout covering the essential elements of coaching at work. A warm up session covers an introduction to coaching and the GROW model. This is followed by a series of one hour “strength training” skill based sessions to take participants through their paces on powerful questions, active listening, and goal setting. There is then an opportunity to practice coaching skills with fellow participants and, finally, participants quiz the workshop facilitators on coaching tips, case studies and lessons learnt. The sessions cover the theory of coaching as well as enabling participants to “test their strength” and practice new skills within the Gym.



Advantages and Benefits

121partners has a strong sporting and business pedigree which we use in delivery of our Coaching Skills Gyms. Our “Gym Instructors” combine accredited coaching skills, Board and CEO experience, as well as an Olympic medallist and Olympic sports coach. The Gyms are designed to be participative and interactive for up to 50 delegates and so are highly cost effective. The Gym concept represents an innovative design compared to more routine ‘Introduction to Coaching’ style courses.

Case Studies

Over 300 people have attended our Coaching Skills Gyms.

As an immediate result of attending a Gym, 99% of delegates reported that they had a good or full understanding of coaching skills (compared to 22% before attending)

The long term impact of participating was evaluated, the findings include:

97% have applied the ideas and skills they have learnt at a Skills Gym.

97% reported that their communication and interaction with other people had improved as a result of attending a Skills Gym.

87% reported they have shared the benefits and encouraged the use of coaching with your colleagues as a result of attending a Skills Gym.

67% use coaching skills more as a result of a Skills Gym.

Testimonials

“Very professional event – well presented by all and good rapport by the trainers with each other and the attendees”

“Three good speakers. Friendly, informal and professional approach.”

“Excellent and inspirational.”

Next step: To explore how we could make a difference to your organisation, please contact 121partners at:
 E-mail: info@121partners.com, Telephone: +44 (0) 1564 829732
www.121partners.com