Academy of Certified Human Resource Professionals,
Regus Suites, I&M Tower, 15th Floor, Kenyatta Avenue,
P. O. Box 18582 - 00100, Nairobi, Kenya.
+254 700 722 522 | +254 722 300 245
admin@achrp.org | https://achrp.org

IHRM: C00259 NITA: NITA/TRN/1234

COACHING FOR OPTIMAL PERFORMANCE TRAINING

Date	Time	Duration	Venue	CPD	Cost (EXcl. VAT)
6th Jul, 2024	08:30 AM-11:30 AM	3 Hour(s)	Webinar, Zoom	1	1,500.00

Course Overview

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.

Course Objectives

By the end of this program, participants will be able 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;

- Business leaders seeking to enhance organizational effectiveness.
- Human Resource Managers
- Legal advisors and compliance officers.
- Anyone involved in labor law implementation and management.
- HR Professionals

Video Link(s)

Module Title	Video Link
Coaching for Optimal Performance	https://www.youtube.com/watch?v=.

CHRP. Den PN Gathitu
Secretary General
Academy of Certified Human Resource Professionals