

Inside Out Coaching

At-A-Glance

Relationships are built and defined during each interaction and coaching is a key skill that supports that. Based on Allan Fine’s GROW™ coaching methodology, this 5-hour program helps build the skills needed to add more perspective to people you are coaching and to help them find breakthrough moments.

| | |
|------------------------|---|
| Outcomes | <ul style="list-style-type: none">• Explore the differences between advising, mentoring, and coaching• Identify characteristics between Outside-In and Inside-Out coaching• Apply the characteristics of the Performance Wheel Model – Focus, Faith, and Fire—and determine what drives performance• Determine what “interference” is and how to avoid it when coaching• Using a video case study, understand the nature of performance and identify key components of the GROW coaching model• Prepare for a GROW coaching conversation in which you will coach and be coached on a current, challenging work situation |
| Target Audience | Anyone who needs to build competence in coaching direct reports, peers, clients, and colleagues |



Leesa Wallace
performancearchitect@comcast.net
860-604-6834