



CoachWise Essentials™

Coaching is
the catalyst.
Transformation
is the result.

50% of medium to large organisations in USA have had an internal coaching capability for over five years. Developing an organisation's coaching capability is no longer a matter of choice, rather a question of how and when.

Pawel Sopkowski,
Coachwise™

CoachWise™ is recognised as a leading corporate coaching programme worldwide delivered by Rapid Change Consultancy, the only organisation in Ireland accredited to deliver this programme, in partnership with coachwise.org.

CoachWise Essentials™ is an active learning programme that gives participants a practical experience of coaching and focuses on deepening their coaching skills as a leader, Imagine your organisation manager or professional.

Results you can expect:

- Growth in leadership and management skills and qualities across the organisation.
- Greater employee engagement.
- Empowered, creative, responsible people inspired to bring about transformation for themselves and the organisation.
- An emerging culture of personal responsibility, resourcefulness, resilience and realistic optimism that spreads across the organisation.

Who is it for?

- Anyone responsible for people management and development who wants to improve overall leadership capacity, performance, engagement and effectiveness.
- Leaders and managers who need to lead, influence, engage and inspire others in order to achieve their objectives and business results.
- High performers and top talent who have potential to be your future leaders.
- Teams who need to work together more effectively to achieve results.
- Understand, experience and apply core coaching skills and principles at work.
- Develop coaching skills and practice using coaching tools and techniques relevant to coaching in organisations.
- Create a clear, focused and committed vision.
- Become more purposeful and influential.
- Grow leadership capacity and qualities (theirs and others).
- Develop emotional intelligence.
- Create powerful partnerships, lead and take responsibility.
- Inspire others to be creative, collaborative and committed leaders, whatever their position.

As with the domino effect, CoachWise Essentials™ participants will become catalysts for leadership and inspire those around them to do the same. People they come into contact with are positively impacted and encouraged to think about the difference they want to make to themselves, their teams and the organisation.



How is CoachWise Essentials™ structured?

A two day workshop, followed by four tele-classes and telephone coaching practice over the following 8 weeks, to support continued learning and embedding in the workplace.

Workshop Day 1

- Explore what coaching is and its relationship to leadership;
- Introduce CoachWise™ Model;
- Practice Coaching Skills; questioning, listening, reflecting;
- Coaching Principles;
- Practice coaching using CoachWise™ Model to craft a leadership vision.

Workshop Day 2

- Practice coaching using CoachWise™ Model to acquire resources, explore options, set goals and make plans;
- Focus on how to build a lasting, effective partnership;
- Apply CoachWise™ Model to everyday situations at work;
- Develop leadership capacity and qualities;
- Determine how to implement coaching skills and principles in current role.

Post Workshop

- Implement coaching at work
- 4 x 60 minute tele-classes
- 2 x 45 minute practice coaching with one coaching client



Why CoachWise™?

Our Clients

Organisations actively using CoachWise™ include:

- Aviva
- Amplico Life
- Arvato
- Avon
- Bayer
- Boeringer Ingelheim
- BP
- Bre Bank
- BT
- Coca Cola
- Generali
- GlaxoSmithKline
- Kraft Foods
- Levi's
- Netia
- Sandoz
- Tebodin
- Tesco
- Tieto

Practical

Participants walk away with practical tools, techniques, and skills that they can apply immediately in the situations they face every day at work.

Relevant

Designed specifically for corporate coaching. It is logical, accessible and it makes sense to people in organisations.

Varied

Our teaching methodology combines demonstrations, coaching practice in pairs or threes, facilitated discussion and group exercises to maximise learning and application back in the workplace.

Balanced

Our programmes are designed for all learning styles and personality types. We deliberately balance the intellectual with the emotional, the objective with the subjective, the short-term with the longterm, the need to work with individuals and the need to work with teams, the need for structure and the need for flow.

Accredited

Our programmes are accredited by the International Coach Federation and will contribute to the training requirement for professional coaching certification (ACC and PCC credential).

Who leads CoachWise™ Programmes?

All our course leaders are both business people and passionate experts on coaching who:

- Know how to apply coaching in the corporate environment.
- Are experts in the CoachWise™ theory and methodology and have trained 100s of students.
- Hold a professional accreditation from the International Coaching Federation.
- Have a solid business background.
- Have been an internal or external coach to organisations

Contact Us

Email anne@rapidchangeconsultancy.com or call **028 9269 3194**.

Or download other fact sheets on our CoachWise™ Programme at www.rapidchangeconsultancy.com