

1-Day 1-on-1 High Performance Coaching

Workshop Description

A 1-day intensive, interactive 1-on-1 day that enables you to develop your skills in the areas of your choice.

This day is tailored to suit your goals, needs and expectations and focuses on your individual situation. It is suited to all team members, Managers and Leaders.

We send you a pre-workshop questionnaire to understand your exact needs, goals and expectations so that we can tailor the day to fit you.

You choose the date, you choose the topics(s), and you get the trainer for a whole day to work on your goals and issues.

You cover exactly the same material as in any normal workshop but the day is totally tailored to suit your needs.

Example Topics

- Communication Skills
- Writing Successful Presentations
- Influencing across the Organisation
- Critical Work Effectiveness Skills
- Project Management Introduction
- Project Management Advanced
- Finance for Non Finance
- Stress, Time and Delegation
- Time and Priorities Management
- Presenting in Public
- Change – What can I do about it?
- Coaching and Mentoring
- Effective Business Writing
- Negotiation Skills