



An Introduction to

Coaching



The Seven Steps to Understanding Coaching

Presented by
Coaching Academy Licenced Trainer

Tina Dulieu, *B.Ed, DipCEC*
Business and Executive Coach
Coaching Dynamics

A one-day workshop where you can discover the truth about coaching by a trained and qualified expert; the incredible difference that great coaching can bring about in your performance at home and at work; whether coaching is right for you and your company; and how to make the decision to hire a coach. You will have the chance to be coached yourself so you don't just have to take our word about the impact of coaching...you can know for yourself!

To register call: 01277 362948
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Understanding Coaching



Here are the seven steps that you will discover throughout the day

1 Coaching defined... what exactly is coaching?

Learn the latest definitions of coaching, so that you understand EXACTLY how coaching differs from other helping professions.

You will discover that coaching is far more than a conversation; it's a carefully crafted set of strategies created to enable the client to realise their true potential by freeing them from doubt and fear and finding powerful steps forward.

You will leave the day understanding exactly WHY and HOW coaching works. Is it psychology, NLP or something else? You'll have your questions answered. This is a great place to start!

2 The potential of Coaching the results you can expect

This step covers the empirical evidence that coaching is a practical solution to people's development challenges and why so many people are booking personal coaching sessions to get the most out of life.

Why is it so effective and how do we know that it works? Who has achieved what through coaching? Why do organisations spend hundreds of thousands of pounds on coaching programmes for staff?

3 Who hires a coach?

You will understand why individuals and companies are attracted to coaching and the top twenty reasons why someone hires a coach. Is it for those who face challenges? Is it for good people who want to be great? You will be amazed at the variety of those who come away for coaching and the versatility of coaching as a tool for development.

You will go away from the day clear about the benefits of hiring a qualified coach who is providing top quality coaching.

4 Experience coaching yourself

It's not until you have experienced coaching first-hand that you will appreciate the impact it can have. You will have a few moments to work under the guidance of a qualified experienced

coach asking you some powerful and purposeful questions. You will be coached on a current issue for you as part of a group. The coach won't know your issue and neither will anyone else! You will be impressed with the results! We find that this is the moment when even the most hardened cynic starts to see the effectiveness of coaching techniques.

This practical demonstration is a highlight of the day as it suddenly turns a theoretical subject into EXACTLY what it should be – a practical skill that works with anyone, anywhere, in any country in the world.

5 Creating a compelling future for yourself

You will discover the powerful changes to your happiness in life and sense of personal control when you experience setting goals for yourself. Not just asking the question, "Where would you like to be in three years?" but actually devising a set of actions to take you closer to your life ambitions day by day. This empowering feeling will last a lifetime as your life turns from generalities and wishes to specifics

and achievements. This professional group coaching from us is worth many, many times the price of admission.

You will use the 'Wheel of Life' exercise to help you identify the current priorities in your life and career and identify actions to get you moving forward with enthusiasm and at pace.

6 Overcoming your barriers

You will find these final two steps to be the most important of all: overcoming limiting beliefs and finding the strengths in yourself to make you an unstoppable force in your own life.

You will learn why we believe the things we believe, and what holds us back from being the kind of person we long to be.

You'll play the Comfort Zone game to identify the specific barriers to your progress and to turn those stumbling blocks into stepping-stones to move forward.

7

Maximising your potential

You will be shown how to identify the strengths in yourself, acknowledge them, develop them and appreciate them. When you know where your strengths are, you become virtually unstoppable in your life mission.

These two last coaching principles will help you understand so clearly the direct benefits of coaching and of being coached.

This day is perfect for you if you are considering hiring a coach for yourself on a personal level or if you are researching hiring a coach for your company.

You will leave with a very clear understanding of what coaching is and why it works and you will see the benefits of hiring a Coaching Academy Licenced Trainer – someone who is a qualified coach and approved by The Coaching Academy to run this workshop.

Please contact Tina Dulieu if you would like to run this workshop within your company or would like to block book a group of delegates.

Meet Your Trainer

Tina Dulieu



Coaching Academy Licenced Trainer

Tina Dulieu, the founder of Coaching Dynamics, has been helping people be successful in an abundance of ways for over 20 years. She has built a reputation for her integrity, intelligence and lateral thinking, her conscientious and meticulous project planning and follow-through, and by empowering and challenging people to discover their own potential.

Tina's early business experience includes roles at the BBC, Capital Radio, Longman Books and BP. In 1983 she took the life-changing decision to take a Bachelor of Education degree majoring in mathematics. She went on to teach mathematics at High School and Further Education College levels and many of the students she inspired still communicate with her today.

That passion for education, communication and the entrepreneurial desire to have her own business, took Tina to Kumon Educational, a world-wide organisation devoted to working with children to develop their Maths and English skills. Kumon has 50,000 students and 550 centres in the UK. In 1996 Tina launched the Ongar Kumon Study Centre and over the next 10 years the business grew from strength to strength with Tina being invited to speak at three Kumon UK Conferences. She was nominated for the Epping Forest Business Woman of the Year Award in 1997 and again in 2002. During this time Tina inspired hundreds of children to reach their potential, coached their parents and gave employment to local people.

Tina studied for a Diploma in Corporate and Executive Coaching with The Coaching Academy, Europe's leading coach training organisation. Through her company, Coaching Dynamics, Tina has successfully used her training to coach business owners and executives in public and private sector fields including Architecture, Education, Building Construction, NHS Primary Care Trusts, Osteopathy, and Performing Arts. She has used her coaching techniques to deal with issues such as: business, career and personal development; time management; work-life balance; conflict with colleagues; confidence building; stress management; increased profitability; staff communication; marketing and image.

Tina Dulieu's excellent results as a coach are built on the fact that she is as focused on your business success as you are. How does she achieve these results? By challenging you to be successful!

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Coaching Dynamics
"Challenging You To Be Successful!"