



Effective Coaching and Empowerment®

This 8-session program will help participants embark on a leadership journey that will allow them to see their team as unique individuals with specific desires, motivations, and goals. Participants will be equipped to empathetically lead, coach, and empower all team members for years to come to unleash their full potential.

Program consists of a kick-off session, a goals workshop, and the following six sessions:

<p>1 – Coaching for Empowerment</p> <ul style="list-style-type: none"> • Benefits of Empowerment • Achieving True Empowerment <ul style="list-style-type: none"> ○ External vs Internal Commitment • Understanding Individual Needs • Coaching Leadership • Overcoming Obstacles to Empowerment • Introducing the C.O.A.C.H. Process 	<p>2– Connection</p> <ul style="list-style-type: none"> • Leadership is a Relationship • Connection is Built on Care • Levels of Listening and Understanding • Attitudes for Effective Listening • Getting People to Talk • Connection as the Basis for Effective Coaching
<p>3—Objective</p> <ul style="list-style-type: none"> • Lead through Goals and Values • Focus on Priorities • Coach and Empower through Goal Setting • Understanding the Power of Setting Goals • Encourage the Total Person • Help Team Members become Goal Oriented • The Choice is Yours 	<p>4 – Action Plan</p> <ul style="list-style-type: none"> • Coaching Team Members to Develop an Action Plan • Developing a Plan of Action • How & When Will this Goal be Achieved? • About Possible Obstacles & Roadblocks • Tracking Performance • Lead by Example
<p>5 – Commitment</p> <ul style="list-style-type: none"> • Mutual Commitment • How to build Commitment • Developing the Attitude of Commitment • Changing Attitudes • Helping Others Grow and Change • Attitude is Everything! 	<p>6 – Help</p> <ul style="list-style-type: none"> • About Feedback (the Pitfalls) • Principles of Feedback • Helping Team Members Overcome Empowerment Blocks • The Coaching Challenge

For more informaton: <https://opxsolutonsllc.com>

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Developing Leaders and Organizations to Their Full Potential!