

# LEADERSHIP & MANAGEMENT COACHING

## What is 'leadership & management coaching'?

Coaching is a highly flexible, individualised, tailored one-on-one approach to developing the leadership and management competencies required to improve your performance and achieve the results expected of you in your work role.

## Who will benefit from this course?

Senior executives, directors, team leaders, managers or supervisors.

## What does the coaching program include?

- Confidential coaching with an independent professional external to your organisation
- A coach who has expertise and experience working with your service / sector
- Current evidence-based best practice models, approaches and diagnostic tools
- A customised coaching program to meet your specific needs
- A personal action plan for the development of goals that you identify as important
- Personalised feedback, development and engagement processes
- Assessment of your current leadership competencies and any gaps to address

**FEE:** Varies depending on venue, sector, numbers & service provided

**DURATION:** Typically 1-2 hour sessions on a fortnightly or monthly basis

**DELIVERY MODE:** Flexible – either via telephone or face-to-face

## What are the typical areas addressed through coaching?

- Analysing and diagnosing organisational and team blockages to achieving optimum results.
- Self-awareness of personal leadership and management style and impact on the team.
- Building a high performance team culture which embraces continuous improvements.
- Improving team productivity, motivation and morale to achieve results.
- Understanding people and their styles of interacting, learning and working.
- Planning, leading, implementing, managing and sustaining organisational change.
- Building team collaboration, commitment and performance.
- Improving team dynamics, communication and cohesion.
- Giving feedback and managing underperformance.
- Coaching and mentoring team members to address development issues.
- Responding to common challenges such as power, politics, conflict, anxiety, defensiveness and competition.
- Tackling problems, making difficult decisions and engaging the team in solution building strategies.
- Managing work pressures, demands, stress and work / life balance.
- Developing the key emotionally intelligent leadership competencies of self-awareness, self-management, social awareness and relationship management.

## Contact us for an obligation free quote!

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