

# Velindre Leadership Programme Cohort 5



## COACHING

### What is it and what can I expect?

2 May 2019

# What is Coaching?

*"Coaching is unlocking a person's potential to maximise their own **performance**" ~ Sir John Whitmore*

*"Coaching is the art of **facilitating** the performance, learning and development of another" `*

*Myles Downey – Effective Coaching (2003)*



# Aspects of coaching

- + Structured conversation
- + Coachee finds own way
- + Importance of reframing
- + Focus on strengths, solutions
- + Telling the story helps!
- + Truth is in the eye of the beholder
- + It's not training, mentoring or counselling



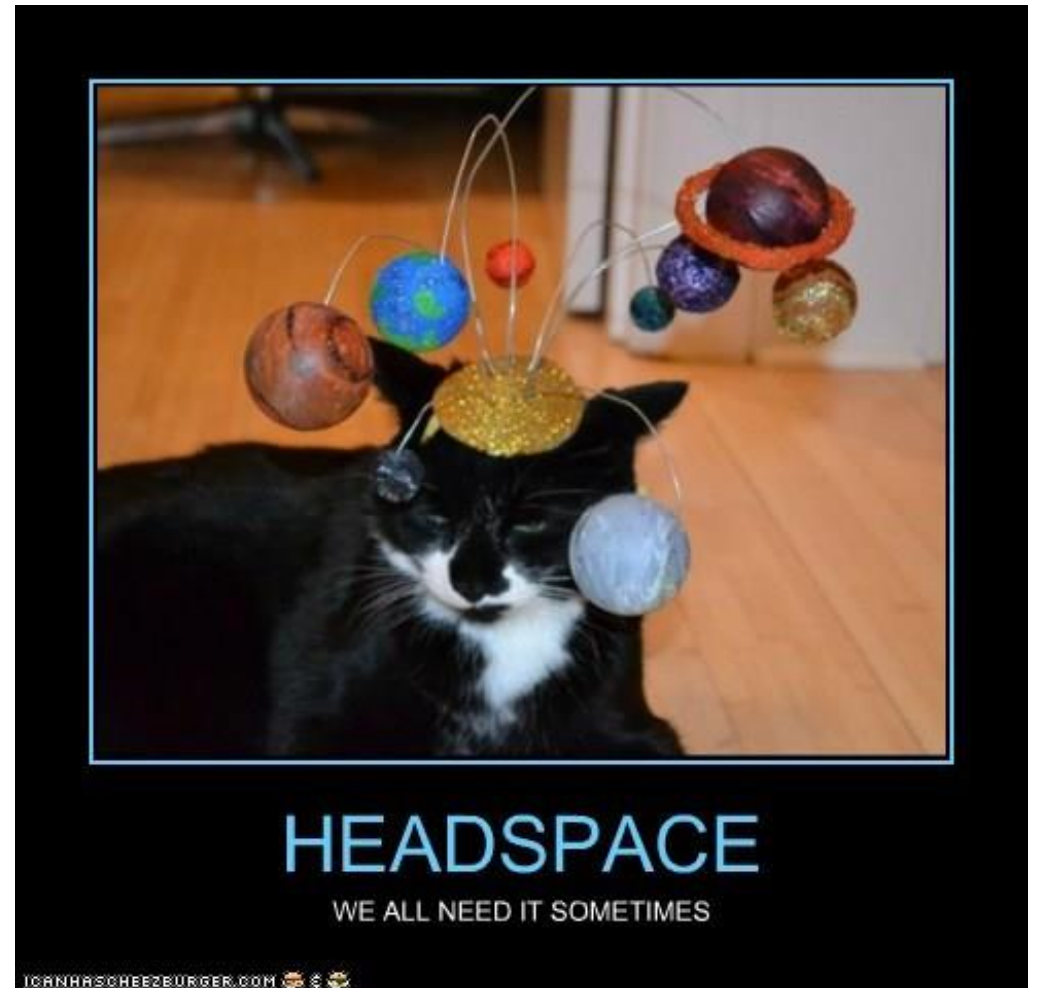
# Benefits of Coaching

- + Encourages improved personal performance and professional development
- + Is results focussed and deals with real life issues
- + Improves team engagement, involvement and motivation
- + Helps cope with transition and manage anxiety
- + Builds personal commitment to learn and develop
- + Offers better cost:benefit than many other types of development



# What to expect

- + **Confidential** space
- + “Head room” to think
- + Encouragement, support, challenge
- + A sounding board
  
- + NO answers!



# Coaching in context of this Leadership programme

- + Designed to support your learning and personal development – supplements ALS sessions
- + 2 coaching sessions - 20, 21 June + 1-3 July 2019 & 24<sup>th</sup> – 28<sup>th</sup> Feb 2020
- + 1 ½ hours per session
- + Some simple pre-coaching preparation – will be sent out in advance by email
- + Reflection after each session

# Logistics

## Dates:

- + Schedule for September available today – select your preferred appointment time!

## Location:

- + Velindre Cancer Centre in most cases

## Contacting me:

- + Mobile: 07977 420504
- + Email: [david@transformationpartners.uk](mailto:david@transformationpartners.uk)

# Enough of me – see for yourself!



Think of a problem or issue  
that you haven't been  
able to solve....

... through your own resources



# What next?

- + Coaching block 1 - **book today!**
- + I'll email ahead of our coaching session with pre-coaching preparation:
  - Professional Wheel
  - Baseline survey
  - Reflections form
- + Ahead of session think about what you'd like to discuss so we make most of available time

# Questions?

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“The goal of coaching is the goal of good management:  
to make the most of an organization’s valuable resources”

– Harvard Business Review

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