

QuickStart

To Coaching One Another

BENEFITS OF COACHING

Coaching provides an opportunity for lasting change in many areas:

- Professional growth
- Team building
- Relationships
- Finding balance
- Decision making
- Stuck places
- New roles
- Managing
- Leading
- Personal growth
- Time management
- Dealing with transitions
- Wildly important goals

CONTACT US

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WHAT IS COACHING?

Coaching is a collaborative process that allows you to focus on areas you wish to broaden and cultivate.

Coaching provides greater focus and awareness of choice, while encouraging you to reflect on what matters most and what are your priorities.

Coaching encourages proactive change and uncovers big dreams.

YOUR COACH WILL

- Listen
- Ask questions
- Help you generate a plan of action for forward movement and growth

COACHING IS ABOUT TRANSFORMATION

And transformation is at the heart of real growth. Most transformation begins with a simple, well-crafted question that rings true - at a deep place of true awareness - bringing about new action and lasting change.

When you work with a coach, you will experience transformation first hand. And as you learn about coaching, you will begin to learn how to use the skills of coaching to influence those around you and bring about success.

THE WORKSHOP DETAILS

Anyone can learn about coaching and begin practicing some of the basic coaching skills. Our interactive and skill-building workshop is typically conducted as a half-day session with groups up to 50 participants. The training is ideal for teams, learning communities, retreat settings and any group who wishes to get started with coaching.

The in-person workshop is complemented by a brief online training module to prepare and reinforce learning.

MEET THE INTERNAL IMPACT TEAM

Each team member is a credentialed and successful coach with experience bringing coaching to organizations.



Bill Copper, PCC
Partner



Chad Hall, PCC
Partner



Jane Creswell, MCC
Principal



Linda Miller, MCC
Partner



Perry Rhue, PCC
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