

## How to Get Others to Change with Your Influence! Coaching Essentials for Non-Management and Management

Too many colleagues are seen as untrustworthy, unreliable, and downright disrespectful. As non-management we feel powerless to effect change. This workshop will build your confidence and power of influence. Coaching is the quickest and most effective method for peers to effect change with others and yes even with your managers and supervisors! Coaching is a co-creative process, steeped in relationship building and positive reinforcement and is key to a productive, collegial, and a pleasant work environment. You will come away with a Coaching Essentials Guidebook steeped with powerful knowledge, tools and methods to coach yourself and others to make change and get what you want. You will learn what master professional coaches around the world know. The outcomes for using coaching principles and practices include greater self-awareness, powerful skills and tools for learning and communicating, personal fulfillment, and improved professional performance. To do this work effectively it is helpful to revisit our own approaches; examining what is working well and how we know it; what needs improvement and the intent of our work; assessing our approach to stellar communication while balancing your personal needs and the organizational mission. This is a highly interactive and fun workshop. Bring a colleague along or better yet your entire team!

Unless otherwise noted, all classes will be held at CAPS, 32 College Street, Montpelier	
Location:	<a href="#">CAPS</a>
Time:	
Cost:	\$110.00
Course Code:	045170
Session Code:	Date specific: See Electives calendar for session code
Instructor:	
Registration Deadline:	5 business days in advance of the course