



powercoach™

Programme outline

A comprehensive two day coaching programme for leaders and managers who need to develop core coaching beliefs, skills and behaviours. It is also valuable for those who have a good understanding of the basics of coaching and want to employ them to help create a high performance environment.

The programme has been developed as a result of our extensive experience of coaching at the highest levels in both sport and business and has been developed by a team of coaches who have operated at the highest levels in tough performance environments – both sporting and corporate.

Typical participants

- Managers and Leaders who need to coach
- Existing Coaches looking for additional skills
- Leaders in Management Development

Programme Characteristics

- Simple and powerful
- Everything vital for great performance coaching
- Based on top research and world-class experience
- Interactive and fun
- Can be implemented immediately upon return to work!

What will participants do?

1. Each participant will learn and internalise:
 - the principles of world class coaching
 - the unique power of performance coaching
 - coaching values and behaviours
 - tools and techniques for facilitating self awareness
 - how to encourage confidence and responsibility
 - key factors for world class coaching
 - how to use powerful coaching models
 - tools and techniques to measure performance





2. They'll also have access to:

- a unique and powerful system and process for coaching
- feedback from K2 accredited coaches

3. And they'll prepare for and experience

- running a coaching session for themselves

What will participants get?

- access to 20 years' research and practice in performance coaching
- a proven system for delivering world class performance coaching
- direct experience of participating in & delivering a coaching session
- access to world class performance coaching tools
- support from world class coaches
- a system and process for measurement, evaluation and review
- a comprehensive material and resources

What will the organisation get?

Key players who can:

- coach as well as manage
- coach as well as lead
- release potential from existing individuals and teams
- retain valuable people
- be significantly more productive

Improved results via:

- consistent, intense and sustainable performance
- a higher quality of motivation
- better use of resources
- individuals and teams who embrace change
- a competitive edge



K2 Performance Systems Ltd

200 Brook Drive Green Park Reading Berkshire RG2 6UB
T +44 (0)118 925 3430 F +44 (0)118 925 3431 W www.planetk2.com

Registered no.4720539 Registered office 71 Kingsway London WC2B 6ST