

Performance coaching conversations

What will participants do?

This one-day masterclass will develop coaching skills and expertise to enable participants to have performance focused conversations with others and it's delivered in a way that's interactive, easy to understand and practical to implement. Participants will learn how to:

- hold effective *performance* coaching conversations
- use the tried and tested K2 performance coaching framework to have more performance focused conversations
- initiate performance conversations formally and informally
- use K2 tools to help others understand and improve performance

They'll have the opportunity to practice performance conversations through the day, and develop their own plan for using the key tools to help others get better.

What will participants get?

- an understanding of performance coaching and how to coach in their role
- technical knowledge and skills for coaching
- great performance coaching questions that sit at the heart of effective performance conversations
- access to The Performance Room for 1 year – a superb online resource full of performance and coaching tools and guides
- an opportunity to progress to our Certificate in Performance Coaching Foundations – accredited by Staffordshire University
- all of K2's passion and expertise for human performance

Who is it for?

Designed for those who already have an understanding of high performance principles (i.e. if you've been through our athlete at work® programme or attended one of our Performance and Motivation Masterclasses), and in particular it's ideal for leaders and managers who:

- want to help teams and individuals reach their performance potential
- want to create a high performance culture
- are not full time coaches but simply want to get better at having performance conversations

Investment

The investment for this transformational day, plus a subscription to the superb Performance Room for 1 year, is £395 plus VAT.