

# Use Coaching To Maximise Performance

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**Date:** Thursday 12th April 2012

**Time:** 5pm for a 5.30 start. Finish at 7pm when attendees network over a glass of wine

**Venue:** Imperial Hotel, First Avenue, Hove (<http://www.imperial-hove.com/maps.htm>)

**Cost:** £30\* plus VAT (there is no joining fee - people just pay when they book)

## Synopsis:

Coaching is becoming a vital life skill and can be applied at home with our children as well as with our employees. The use of coaching will increasingly differentiate the best employers, thus helping them attract, retain and maximise the potential of their people. Like any skill, the process of coaching has a structure that can be learned. The key ingredients are “awareness” and “responsibility”. This session will cover the basics of good coaching and we will allow time for you to practice your own skills using a short case study.

**Terms:** \*Payable on presentation and in advance of the event. Any cancellation must be made in writing at least 48 hours prior to the event, or payment will be due in full.

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