

# THE COACHING IMPACT



## What is coaching?

**Coaching is** fundamentally about facilitating change that will lead to desired results. It helps facilitate movement from a current state to a more desirable state.

### WHEN

Feb 22-23, 2016  
May 7-8, 2016  
9:00 – 4:00

### WHERE

890 Yonge St., 9<sup>th</sup> floor

### INVESTMENT:

~~\$599.~~ + HST  
499. + HST

### REGISTER AT

[http://www.adler.ca/professional\\_coaching\\_coa\\_courses.jsp](http://www.adler.ca/professional_coaching_coa_courses.jsp)

### LIMITED SPACE

Maximum of 12 people

In this 2 day course, you will learn the fundamentals of coaching and how to apply these to everyday life, at work or with family and friends. Learn tools & techniques to enhance communication and relationship skills in order to remove roadblocks, move through negotiations, goal setting and help decision making.

Our approach integrates theoretical, experiential & applied principles - *practice the skills in class, own the skills thereafter.*

## Who should take this course?

Anyone who would like to learn some great skills that will expand your options when communicating with others. Start putting your new tools and techniques to use as soon as you complete the training.

## You will walk away with:

- \* Deep listening skills
- \* The ability to ask powerful questions
- \* A variety of techniques that will unlock hidden potential in you and others
- \* Effective ways of giving and receiving feedback
- \* Tools to break through blockages and deal with "I'm stuck!"

*"This course was good because it built a tool kit we can take away and use. It was a good ratio of instructor time to practice time. It was not just theory, but proven in the classroom."*

*Participation in the Coaching Intensive entitles you to a \$400 credit towards the cost of the Foundations course (first module of our ICF Accredited Coach Training Certificate).*