optionz coaching

level 1

1



Part 1
Introduction to optionz coaching

• Outcomes

- Defining coaching in comparison to other careers.
- Learn about Optionz Coaching Model.
- Practice good coach listening.
- Practice asking a good coach question.
- Make a coaching session with its three parts.

2

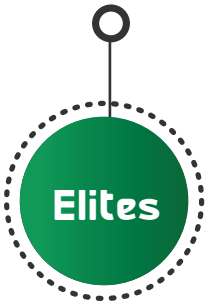


Part 2
Basic coaching skills

• Outcomes

- Using management skills in building a strong relationship.
- Practice technical skills while coaching.
- Linking skills to core competencies.
- Relate skills to coaching ethics.
- Employ the angles strategy in coaching.
- Employing a strategy I own and want in coaching.

3



Part 3

Elite coaching skills

• Outcomes

- Use strategies that help the other person see the three possible outcomes.
- Helping the other to use the energy of transformation for change.
- Employ "why" questions to increase others' awareness and commitment.
- The other helps to identify the lines between facts and feelings.
- Use the "Z" strategy to demonstrate the uniqueness of the other.
- Use skills that increase the challenge and strengthen the commitment of the other.

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