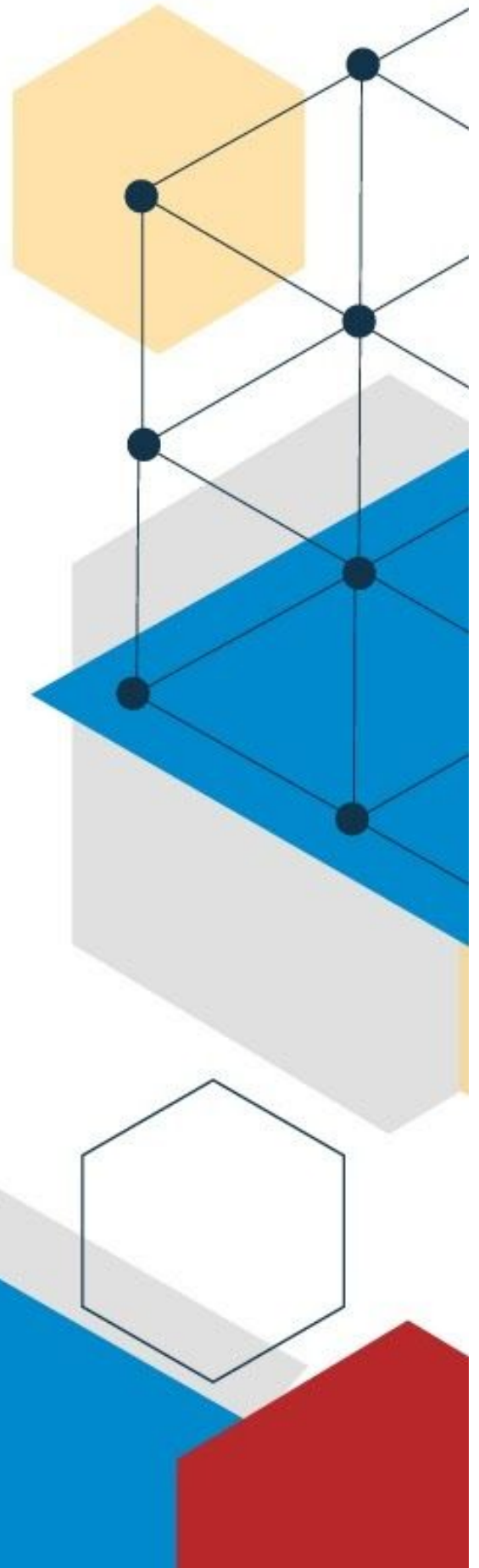# Leadership Coaching

Leadership Coaching

*Developmental 1-on-1 Coaching
For Executives and Leaders*

Program Overview

Innostra's Leadership Coaching is about facilitating Leaders (Managers, Associates, Partners and Executives) to develop the **Leadership habits**, **Communication, Influence** & **Interpersonal skills** as well as the **Leadership mindset** so that they can inspire themselves and others to optimize available resources to move towards a desired vision.

Our **1-on-1 coaching** facilitates the **personal development** & **growth** of the Leader. This involves (among others):

- A greater awareness of the limitations in their current attitude and habits that are holding them back from achieving their fullest potential.
- Developing broader perspectives and the ability to see and appreciate things from different vantage points.
- Inspiring and engaging others to collaborate and perform.
- Developing attitudes, habits and skills for effectively leading and interacting with others.
- Communicating effectively and influencing others effectively.
- Asserting oneself when required.
- Improving Emotional Intelligence & Performance.

Program structure & content

The overall program consists of **9 sessions** (of 1 hour each).

The following indicates the focus/topic for the sessions. Kindly note that the actual agenda might change to accommodate your specific needs.

Sessions	Topic	Details
#1	**Self-Leadership**	- Developing a personal mission and vision. - Aligning values and goals. - Self-Audit: Am I a *Victim* or a *Leader*? - Developing awareness of our frames and internal maps and how these affect our perception of reality.
#2	**Thinking Like Leaders**	- Identifying beliefs that are sabotaging your career success. - Develop 6 key Mindset of Leaders
#3	**Power of Habits.**	- Appreciate the power of positive Habits and how to develop them. - Develop 6 core Habits of Leaders
#4	**Emotional Intelligence & Emotional States:**	- The NLP Communication Model. - How our Emotional States impact our behavior and performance. - Navigating our internal maps (beliefs, values, frames, identity, experiences, etc.) - Owning Your Power Zones.
#5	**Building rapport & Trust**	- Self Awareness & Personal Values for interacting with others. - Beliefs for building rapport. - Pacing physiology, language and states to build rapport. - Ways of Earn Trust.
#6	**Listening Skills**	Seek to understand first to get leverage.

	for Understanding others	● Active listening skills ● Clarity questions. ● Probing questions.
#7	**Asserting Yourself Effectively**	● Handling Conflicts ● Understanding your Communication Styles ● Assertiveness in practice (voice, body, techniques)
#8	**Inspire** & **Motivate**:	● 6 Communication Strategies to Inspire, Persuade & Motivate on a daily basis.
#9	**Team engagement**:	● Identity the ideal emotional state(s) for your Team to perform at their best. ● Identify the emotional needs and drives of your Team Members. ● How to communicate to align their emotional needs to their highest intentions and the Team's goals.

Terms & Conditions

Location

- Face to Face at an agreed-upon location (**Primary**) or
- Online Meeting Platform [Skype/Zoom/Google Hangout] (**Secondary**)

Certificate of Attendance

A Certificate of Attendance will be issued to all participants at the end of the program.

HRDC Refund

The program is **MQA** approved (also known as Confidence Power) and hence the program fees will be eligible for **HRDC** refund.

Payment

The fees are to be paid (by check or cash) **before** the start of the program.

Checks should be drawn on the order of **Intellisource (Indian Ocean) Ltd**.

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MAXIMIZE POTENTIAL - INSPIRE TRUST
INFLUENCE WITH INTEGRITY

Why will you accept less when you can get so much more out of yourself, your team & your business?

If you believe in maximizing & optimizing your potential, assets and resources, then do not hesitate to contact us. We'll be glad to help.

Contact Us

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