



Effective Coaching Skills

February 16 | 9:00am-2:00pm

Penn State DuBois Campus | 1 College Place, DuBois PA

Effective coaching helps people think for themselves, suggest solutions versus complain about problems, and take responsibility for their actions. Leaders often think they are coaching but what they are really doing is giving orders and/or doing the work for the team. Helping your team stay focused, productive, and motivated is as important for them as it is for you. This interactive session will provide a structure to get you started on a path of effective coaching, a model to do skill transfers that stick, and activities to practice what you learn. Leaders recognize the benefits of a growth mindset, and the insight tool measures their general orientation to how they view other's potential to grow.

- Recognize and nurture the potential within others to grow and change
- Build a coaching relationship based on trust
- Guide, inspire, support, and empower in the moment
- Ask questions, connect at a human level, and energize into action

Instructor: Lisa Pustelak, Strategic Planning & Culture Development Specialist, NWIRC

Lisa develops leaders and employees with coaching and onsite or public training programs on topics such as critical thinking, leadership development, communication skills, improvement kata, strategic planning and coaching. She is previous founder and CEO of LEDGE Enterprises, LLC. She is a Certified DDI Facilitator.



\$249

Early-bird discount available.

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For more information or to register: www.nwirc.org/events
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