



LEAD WITH COACHING

A COACHING KIT FOR THE VERSETILE LEADER

WITH AMELIA SABERWAL & GABI MILLER

APPROACH & METHODOLOGY

A day's workshop concentrating on the art of powerful conversations

- Have you been promoted into a Leadership position and are feeling some tension between the old you and the new you?
- Do you feel an added pressure to now have all the answers?
- You're meant to be collaborative and directive – but HOW?!

Often within organisations, people are promoted into leadership positions because they are good at their job. But, there is a difference between managing the day to day, and inspirational and effective leadership. It requires considerable upskilling in feedback, delegation, difficult conversations, HR sensitive issues, and the ability to juggle numerous, usually completely unforeseen, curve balls on a daily basis – all on top of the day job! And invariably we are left to figure it out on our own.

We believe coaching sits at the epicentre of successful leadership. This workshop teaches participants a coaching skills model that provides the building blocks for powerful, influencing conversations. It will equip any Manager with the critical coaching capabilities to turn up for work the next day a Leader.

What You Learn:

- A coaching model that is easily applied and can be utilised in any leadership conversation to influence, empower, delegate and feed back.
- How to have a coaching conversation.
- An opportunity to skill drill the core competencies of coaching:
- Powerful questioning techniques and tune into 2 levels of listening.
- How to tap into intuition - and trust it.
- How our perception influences how we manage and communicate at work.

It's not that IQ and technical skills are irrelevant. They do matter, but...they are the entry-level requirements for executive positions."

DANIEL GOLEMAN



GABI MILLER

A life and business coach who studied Psychology and qualified and certified as a professional coach with the Coaching Training Institute.

In 2017, she left the corporate world to set up her own coaching business and now does the majority of her work with companies supporting them in creating growth mindsets amongst their teams and leaders and cultivating working cultures that attract and retain the best people.

Alongside this, she supports people in private coaching as they navigate through the mental blocks and barriers that hold them back in life such as fear, self doubt and insecurities to enable them to start living happier and more fulfilling lives.

www.gabriellamillercoach.com

OUR VALUES



FIND YOUR VOICE; USE IT



BE BRAVE



BE YOU; NOT A CARBON COPY

LIFE ISN'T ABOUT FINDING YOURSELF,
IT'S ABOUT CREATING YOURSELF



AMELIA SABERWAL

I am a certified coach, facilitator, leader, workplace strategist, cheerleader (sans pom-poms) and classically trained actor.

This is a skillset sometimes referred to as 'eclectic', but is actually is the perfect balance for the work I do now - helping leaders be who they need to be to have the greatest impact on their work.

Before coaching, I worked as workplace strategist and Director at 2 Architectural studios in London. I have first-hand experience of:

- working in and managing virtual, international teams and projects
- pitching and winning work - also virtually and face to face.
- the day to day ups and downs of running a business

www.kinestheticacoaching.com/

TESTIMONIALS

NOW I FEEL EQUIPPED

Before this course, I was at a loss. Everyone always just told me "you just need to ask the right questions" - easier said than done. What are these questions? Now I feel equipped to find them.

**HEAD OF PROJECT MANAGEMENT,
CONSTRUCTION**

IT IS SO INVALUABLE

I would recommend this course to all people in a management role at any level. It is so invaluable in terms of communication skills and getting more self aware. This course will assist me in my leadership because it completely opened my eyes to the value of coaching to a healthy work culture. It really has value for everyone. It made me feel more confident in how I will approach these conversations and the value I can add to other people and the team.

SOLICITOR, LAW

THIS COURSE OPENED MY EYES

This course has really opened my eyes to the value that a conversation can have and the impact it can have in the workplace.

HR MANAGER, MEDIA

I RECOMMEND THIS COURSE TO EVERYONE!

I would recommend this course to everyone! New leaders and people who want to become future leaders.

PARTNER, ARCHITECTURE

I CAN'T RECOMMEND THIS COURSE ENOUGH

I can't recommend this course enough to people who need to coach (in their role)

ASSOCIATE DIRECTOR, CONSULTANCY



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