



FREE Coaching Experience – Live on Zoom

Introduction

This is a genuine opportunity for you to receive coaching from a qualified Executive Coach on a topic of your choice. The objectives of the exercise are to: -

- i. support you with whatever topic it is you choose to bring to the exercise;
- ii. familiarise you with the stages of the GROW Model; and
- ii. help you appreciate the value of coaching skills for the modern OSH Practitioner.

What is coaching?

We think of it like this. Where do ideas and insights come from?

Occasionally, they appear in eureka-type moments, seemingly from nowhere. You might be out walking say, and an idea for dealing with a problem that's been troubling you presents itself ... ping!

Or perhaps you are enjoying lunch with a colleague, talking about something that has been on your mind and the way forward suddenly seems obvious ... ping! In truth, your colleague may not have been listening even ... but the process of reflecting and talking through the problem has allowed the solution to come.

Now imagine being supported by someone who is trained to help you explore what is going on and what is possible. The search for ideas is now an active exercise, a quest for a way forward ... rather than something passive and left to chance.

This is coaching and this is what a coach does.

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How will the live coaching experience work?

We will lead the exercise by asking questions to the whole group. Your responses will be written as notes entirely private to you. If you wish therefore, you can use this opportunity to be supported on a topic which would normally be too personal or too confidential to bring to a public forum.

Your topic can be a workplace issue or a personal matter ... you choose. Any problem or issue or dilemma, if you have a decision to make about the best way forward, if it is real and it matters to you, it will be suitable. For example, you might choose: -

- I would like to spend time thinking about how I can get more from my team;
- I would like to spend time focusing on my lifestyle; or
- I would like to spend time concentrating on my relationship with ~name~.

What do I need to do to get the most from this?

For this to be successful, you will need to be able to think carefully about your responses to our questions. You should be somewhere quiet where you can devote yourself to the exercise without being disturbed. You will need pen and paper.

What else do I need to know?

The coaching exercise will last approximately 30 minutes. Following the exercise, we will split the group into pairs and allow you time to discuss the experience with a partner.

Remember ... it's the exercise and the experience and the value of coaching skills you'll be discussing. What you choose to disclose about your topic ... if anything ... is entirely up to you.

The whole meeting will last a little over 1-hour.

If you have any questions about this exercise, please feel free to contact Michael via email at michael@securushealthandsafety.co.uk