

## FOUNDATION IN LEADERSHIP COACHING

We are launching our one-day **Foundation in Leadership Coaching**, the programme designed to give leaders the core elements of a coaching skillset. The Foundation is available in two formats: one day in-person, or virtually over 3 closely-spaced virtual sessions delivered to the highest Meyler Campbell standards. The Programme works because it blends tightly-focused pre-work giving the necessary intellectual content, with intense, practical experience of coaching for real, on live, tough topics, on the day(s).

### **Experiential process:**

The programme can be delivered for six participants working with two, or nine participants working with three Meyler Campbell Faculty. The tight 1:3 ratio of tutors to learners enables a high-energy mix of taught content, interspersed with three live coaching sessions, on real issues, in groups of three. This gives each person a turn at coaching; being coached; and being the feedback-giving observer. Each coaching practice triad is closely facilitated by a Meyler Campbell Tutor, who gives additional, constructive and often penetrating, feedback. The energy palpably builds over the three coaching sessions: participants are often nervous before they try it, and increasingly energised as they experience themselves and their colleagues grasping this powerful tool. Post-programme we provide a variety of suggested resources and references to extend and embed the learning.

### **What can you expect?**

Leaders are plunged into the reality of high-quality coaching, and are often exhilarated by it thereby converting potential anxious resisters to coaching, to advocates and even exponents. The three live coaching sessions often yield significant "ah-hah" moments, of immediate practical business benefit to coachee and organisation

Completing the Foundation (as either a one-day programme or through three successive online sessions) will deliver the underpinning building blocks of the full, accredited Meyler Campbell Unleashed programme which participants can then add to by completing the additional modules when time, motivation and budget are aligned. The beauty of this modular approach is that leaders can be introduced to coaching in a way which will equip them with the basic skills and understanding and will inspire many of them to want to do more.

One day doesn't bring about behaviour change, but it can motivate the Leaders to want to do more and to undertake the remainder of the [Meyler Campbell Unleashed programme](#) which does.

### **Selection:**

The key to success is "*volunteers not conscripts*". We encourage you to invite rather than require attendance – coaching isn't for everyone. Our experience over many years is that about 75% of most organisations' leadership pool would benefit and find it highly useful.