

THE UNLEASHED PROGRAMME OVERVIEW

Meyler Campbell has successfully delivered exceptional executive coach training and leadership development for over 20 years; all our programmes are available in face-to-face (Covid-19 permitting), virtual, and blended formats.

The **Unleashed Programme** is designed for individuals who have a leadership role which would be significantly enhanced by the ability to coach in a peer to peer, line, or client setting. The programme can be run in-house for teams of senior leaders and professionals working within the same context or it can be run as an open programme. The structure of the programme is modular by design and the core programme can be built on to include additional modules. The content of the core programme includes:

- The essential skills of coaching: listening, questioning, challenging, the non-directive approach, goalsetting, contracting and setting boundaries
- Understanding yourself and others – Self-evaluation, Strengths profile and MBTI
- Understanding difference and being able to harness it to maximise engagement and performance through coaching – Gender, Culture, and generational theory
- Testing for motivation and planning for greater success (particularly overcoming resistance, resolving conflict and removing barriers to progress)
- Team coaching applications

The learning cycle of the programme is rooted in the application of learning in practice, regular feedback and observation, reading and self-reflection followed by further practice.

INTRODUCTION & ORIENTATION

When run face to face, the programme consists of an early evening introductory session followed by a full day of learning. The remaining three half-day tutorials are then delivered at four weekly intervals interspersed by practical application and supervision of developing skills.

When run virtually, the programme is broken into a series of more regular and manageable learning chunks to enable the maximisation of learning through a virtual medium.

In addition, the programme can also be delivered in a blended format.

EXPECTED OUTCOMES

At a personal level:

- Increase your ability to have a wide range of more effective, and higher impact business conversations, including high stakes / difficult conversations
- Engage others more readily and effectively
- Enhance your strategic thinking capability
- Develop skills to help lead, manage, and develop your team(s) effectively
- Increase your own level of self-awareness and confidence
- Discover personal satisfaction and reward in augmenting your leadership repertoire with a coaching approach

At an organisational level:

- Higher levels of engagement with the positive impact that has on productivity, revenue, and loyalty
- Better understanding and use of discretionary effort; leveraging strengths to drive results
- Contribute to future proofing the organisation by developing an agile, flexible, thinking, change-orientated and Gen Y-ready team