

COACHING



Coaching People to Achieve Their Potential

One-on-one performance coaching assists people to reach their potential both personally and professionally. Coaching is part of the new performance-led culture. It is a process and a solution that suits our times. It is an effective alternative to training and development and external courses. Coaching is a form of 'personal training' targeted to improve an individual's specific skill set or mindset.

Benefits for the organisation:

- Support employees who have been promoted to handle new responsibilities
- Improves employee, manager and team leader productivity and effectiveness
- Increased employee commitment and satisfaction, which can lead to improved retention, motivation and job performance
- Develop and improve leadership and management ability and confidence
- Demonstrate to employees your commitment to their development and success

Benefits for the individual:

- Develop leadership capability in a safe and confidential learning environment
- Improve managerial and interpersonal skills of the employee
- Improve relationships with colleagues, direct reports and senior managers
- Develop employee confidence
- Positively impact on employee performance
- Improve self-awareness and gain an accurate perspective of individual strengths and weaknesses
- Reduce stress levels by coaching employees to manage interpersonal conflict in the workplace

“HR Business Solutions helped me identify the key areas of development necessary for me to achieve my professional goals as well as techniques for promoting these achievements along the way. I recently completed my coaching relationship and was proud to realise that with the help of HR Business Solutions I had achieved all of the initial goals I set for myself many months ago. I couldn't have done this without a HR Business Solutions career coach.”

- Liz Edwards, Director of Client Services, **Davidson Recruitment**

For further information please contact Tina Radford on 07 3254 1177.

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“Expert advice, Practical solutions”

