



Coaching Basics

Understanding coaching:
when and why to use it

#coaching #development
#performance #learning



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Coaching Basics



What is coaching



Coaching focuses on enhancing skills, knowledge and goals of employees, to enhance the capacity of the business

Coaching is set for short-term or a specified duration



It's structured, following a predefined model, and is a regular event or meeting

It's focused on specific areas of development within the work environment



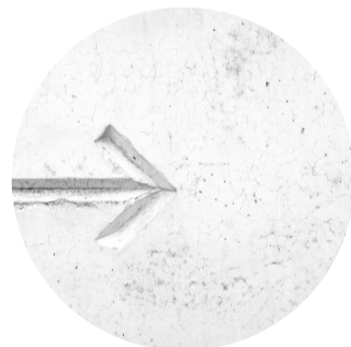
When to use coaching



When talented employees are failing to meet expectations and their potential

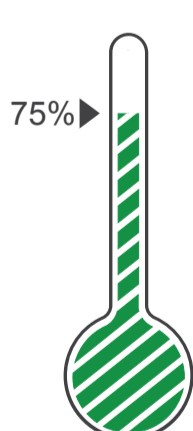


When employees need to work on their communication or management skills

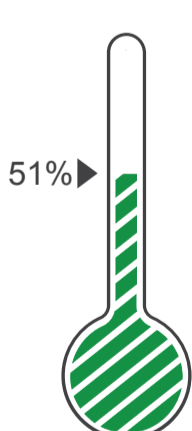


When an employee is transitioning from one area of expertise to another

Why to use coaching



75%
Improved work performance



51%
Improved team efficiency



95%
of Managers say coaching delivers tangible results



86%
of Companies say they made at least their investment back



56%
of Companies say it improved time management

References

Coaching Federation: <https://coachfederation.org>

ILM: <https://www.i-l-m.com/learning-and-development/coaching-and-mentoring-qualifications>

CIPD: <https://www.cipd.co.uk/knowledge/fundamentals/people/development/coaching-mentoring-factsheet>

Harvard Business Review: <https://hbr.org/2013/08/research-ceos-and-the-coaching>



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For more information about this project please see:

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