



The Effective Self-Coaching in the Workplace Course©



We exist to empower leaders and teams to breakthrough and achieve their potential!

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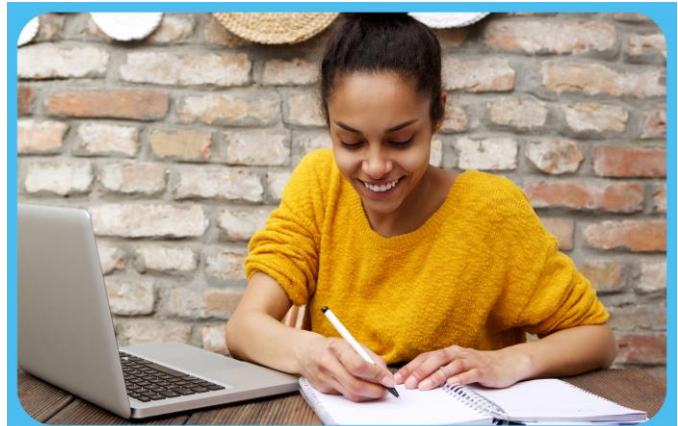
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The Effective Self-Coaching in the Workplace Course©

Would your workplace benefit from developing a culture where people are applying effective self-coaching skills?

Foundational coaching skills are pillars for successful communication, team health, empathy, motivation, collaboration, spirit, and effectiveness. Having self governance and responsibility to coach oneself is now being highlighted through 'Atomic Habits' by James Clear and others.

This course is like no-other as the focus is on helping individuals to coach themselves resulting in enhanced personal and workplace well-being. Self-coaching has tremendous effects on a person's mental, emotional, rational, and truth-based thoughts. The process for this course is to introduce relevant coaching tools and strategies that individuals can implement themselves. Often the self-coaching shifts can take place in a matter of minutes.



📅 1-2 Hours | 📅 1/2 Day | 📅 Full Day | 📅 Custom Program

Scott Epp and Greg Beech each have over 10,000 hours of one-on-one professional coaching and mentoring experience. Scott is also a Co-founder of Abundance Coaching. Scott and Greg have created dozens of self-coaching tools and techniques and they practise them in their own lives. This sets them apart as industry leaders in developing and teaching individuals and teams effective self-coaching skills.



In this course we will have several Self-Coaching Tools that we can train your team members to effectively implement. Each of these tools can be taught and applied within a 30-minute session so, depending on the workshop timing we will collaborate with Team Leaders and Stakeholders to select Self-Coaching Tools for this workshop. We shape the sessions and include the most beneficial tools and training that will lead you to become skilled and effective at Self-Coaching. This course will comprise of workshop style presentations, group discussions, coaching activation, and personal problem solving/personal teaching applications. We will give each participant a digital workbook with all these coaching tools so that they can use them anytime. Note, that we can also offer this course over 1 or 2 Days, and we also offer a course that helps people coach other people (See our CLASS – Keys to Effective Coaching Course©). Some

of our Self-Coaching Tools that we could teach include:

- Visualisations that unlock anxiety, stress, doubts, and self-belief.
- Abundance Coaching Change Your Thinking - Change Your Results Coaching Tool©.
- Abundance Coaching Positive Life Declarations Tool©.
- Abundance Coaching Challenging Your Negative Thoughts Coaching Tool©.
- Abundance Coaching Making Choices and Sustaining Change Tool©.
- Abundance Coaching Rapid Decision-Making Coaching Tool©.
- Abundance Coaching Limiting Beliefs vs Empowering Beliefs Coaching Tool©.
- Abundance Coaching Comfort Zone Breakthrough Tool©.
- Abundance Coaching Navigating Change Tool©.
- Abundance Coaching Problem-Solving Tool©.
- Abundance Coaching Rapid Results Tool©.
- Abundance Coaching Unconditional Positive Regard for Self - Tool©.
- Abundance Coaching Self-Care and Daily Ritual Tool©.
- Abundance Coaching 'I' Statements Coaching Tool©.
- Abundance Coaching SPEEDUP Goals Tool©.



The overall training/coaching is aimed to help participants learn how to coach themselves effectively and rapidly. This course can be run in the following formats: 1-2 Hours, Half Day, Full Day, and Custom Program options are available. Call +61 481 307 778 or email office@breakthroughcorporatetraining.com.au for more information.

Empowering leaders and teams to breakthrough and achieve their potential!

Breakthrough Corporate Training offers workshops, corporate training, coaching, team building, retreats and speaking services to organisations in Australia and worldwide. Breakthrough Corporate Training has a strategic partnership with TransforMe Learning and combined, we have over 70,000 hours of coaching/mentoring/training experience in organisations. 10s of 1000s of People from organisations in Sydney Australia and around the world have been transformed through our talks, corporate training, coaching, and mentoring. See some of our combined clients below.



Our Vision

Breakthrough Corporate Training is a Sydney Australia-based corporate training leader. We facilitate powerful breakthroughs that transform team culture through our CLASS (Communication, Leadership And Soft Skills) and RAW (Resilience And Well-being) Courses and Programs. Our clients experience transformation through our on-line and on-site training, coaching, team building, retreats, and keynote talks. We add enormous value to teams as they become healthy, cohesive, and successful.

Our Core Purpose

To Empower Leaders and Teams to Breakthrough and Achieve Their Potential!

Our Core Values

Our Core Values show you what is really important to us and how we behave. Our core values demonstrate who we are at our core to our clients. These Core Values are intrinsic to who we are, and they do not change. Our Core Values are *Engagement, Breakthrough, and Passion*.

- Engagement* – We are engaged in every client encounter.
- We empower leaders and teams to *Breakthrough*.
- Passion* is our energy that fuels transformation experiences.

Our Nurture Values are values that we care about and that we aim to demonstrate in our behaviour. These values reflect our standards and how we function in our organisation. Our Nurture Values are *Relevance, Heart, Integrity, Presence, Truth, Courage, and Teamwork*.



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