



COACHING FOR HIGH PERFORMANCE

Engage Your Employees. Build Commitment. Achieve Results.

Learning coaching skills is the best way to dramatically increase the commitment level, and performance, of your employees and team members. This keynote starts your powerful coaching journey.

Combining first-hand examples from both the sport and corporate worlds with an innovative coaching framework, Coaching for High Performance provides a provocative taste and exploration of the possibilities of coaching. Audience members will become intrigued and stimulated by the potential impact of coaching in both their business and personal lives.

Our Approach

The audience is guided through Performance Coaching's coaching model with tangible examples of effective coaching strategies and outcomes. Participants learn:

- **The distinguishing characteristics of a coaching style** – Coaching is powerfully different from other management styles. Understand the importance, and value, of your role as a developer of people. And... learn the two other defining aspects of coaching.
- **Why coaching? Why now?** – As a management style that emphasizes developing people, explore the relevance, fit and application of coaching in your organization – now! Our insights deliver a compelling case for action using the tools that
- **The 'What' of Coaching** – Good coaches address clarity, recognition or competence in each conversation they have with their people. Learn what this means, how to have this conversation – and what results can occur.
- **The 'How' of Coaching** – Learn how to successfully implement coaching from a practical, tools based standpoint. See how effective communications skills in consulting, teaching, mentoring, and in confronting situations, can help you ensure every interaction... is a coaching interaction – resulting in increased performance.
- **Know Yourself** – It starts with you. A coach's beliefs, and what they are experiencing, determine the context in which they coach. Knowledge and management of self is truly vital in effective coaching.

About the Presenter:

Dr. Peter Jensen is the founder of Performance Coaching Inc. one of the premiere training firms in Canada. He has attended six Olympic games, worked with over 40 medal-winning athletes and their coaches, and is the sport psychology trainer for Canada's Olympic women's hockey team. He is a top rated instructor at Canada's foremost business school, Queen's School of Business. He is the author of the best selling book *The Inside Edge* and his latest book *Igniting Third Factor*. Learn more about Peter at www.peterjensen.ca.



"Peter made an invaluable contribution to the overwhelming success of this conference on organizational and societal leadership. His teachings – and his manner of teaching – created a deep impression on the participants, all of whom are leaders within their own organizations. In fact, Peter was invited back to speak for a second day."

– IAN ANDERSON, EXECUTIVE DIRECTOR
GOVERNOR GENERAL'S LEADERSHIP CONFERENCE



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