

## The Coaching edition!!

Also in this edition...

Upcoming CORP Public Workshops in:

- Darwin
- Alice Springs
- Katherine



## Coaching at CORP

Michelle Taylor

CORP has several Coaches who offer various styles of Coaching ;

- Life /Personal Development Coaching
- Conflict Coaching
- Management Coaching
- Executive Coaching
- Targeted Coaching—(Formal Referrals for Staff )

Louise Page

Find out more about CORPs Coaching at:

<http://www.corp.org.au/pages/Coaching.html>

Or call us on 8941 5661

Some of CORP's Coaches are featured on the right hand side

Suzie Whitfield

# Everyone needs a Coach-even Roger Federer, the World's number 1 tennis Champ!

Having a coach – what are the benefits? Are coaches only for those who need to have ‘performance improvement’? Is having a coach worth the money? These are valid questions. Having a coach is similar to having a personal trainer. No one needs a personal trainer to achieve their fitness goals, but I know from having a trainer that I achieved my fitness goals much faster and with more confidence than without one. I was guided and motivated to exercise,



achieving my goals and held accountable to my fitness routine. The benefits of having a coach are similar. Coaching is a relationship and a process based on focus and commitment. There are numerous benefits of having a coach; here are five of my favourites.

## 1. Having a Professional Confidante With Your Best Interest in Mind

With a professional coach you will have someone who is experienced and non-judgmental in your corner. They are your sounding board and will provide advice if that is what you want. A coach is great as they solely have your best interest in mind, whereas your colleague or manager often have their own ‘agenda’ within the business relationship. For example, your manager will provide you with feedback at your performance review and hopefully throughout the year but this feedback is often focused on improving your performance as it relates to the organization’s goals rather than your personal or professional goals. During a coaching session you will have continuous one to one attention from your coach who is committed to your success, the sessions and coaching relationship will be all about you.

## 2. A Coach Sees and Believes in Your Potential

A coach does not know your weaknesses and limitations – unless you share them of course. A coach sees and believes in your potential. A coach will help you to ‘time shift’ your thinking so you can envision yourself in the future doing what you want to do and being who you want to be. Some people I have worked with see ‘lack of confidence’ or ‘fear failure’ as the barrier to them reaching their potential. Does this sound familiar for you or anyone you work with? Your coach will ask some tough questions to understand the source of your lack of confidence and will give you strategies to either reframe your thinking or to build confidence. If your vision is to be a confident leader in your organization coaching will help you to envision the ‘future you’ and work with you to create the plan to get there. Your potential or ‘altitude’ is created by you and your coach will see no limitations in you achieving this altitude.

## 3. A Coach Will Help you to Expand your Thinking

A coach will work with you to reframe your attitude and to expand your thinking. Most of the challenges we face each day are based on the limitations and fears we place on ourselves. With coaching there will be many questions and sometimes some tough questions to really delve into the reasons for your fears – understanding where your fears and limitations come from is key to overcoming them. A coach will help you to get out of your own way!

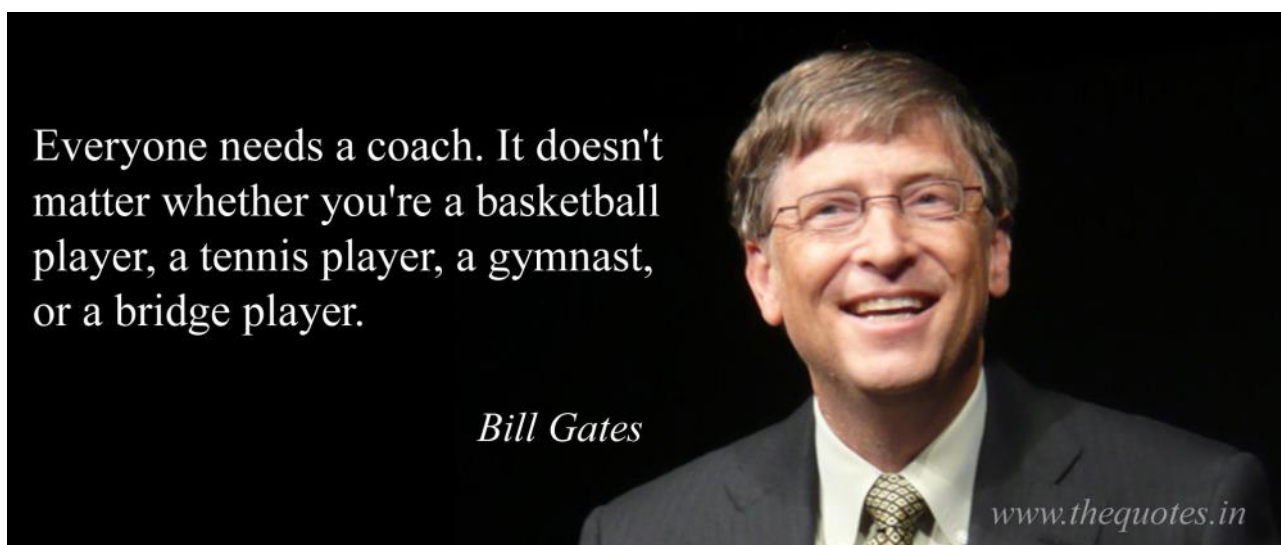
#### 4. A Coach Will Help You to Go Around, Go Through or Go Over Obstacles That Limit your Success

Many challenges we face each day in our personal or worklife are due to factors beyond our control. For example, if your workplace goes through a restructuring many of your colleagues may lose their job, you may have additional responsibilities, you may have a new manager and you may have guilt or fear related to the restructuring. Have you ever come out of a meeting and wished that you had said or done something differently – maybe participated more or said less. This type of reflection and self-awareness is excellent but it also creates self-doubt. Coaching will help you to reframe your thinking and self-awareness to come from a positive position. It will also help you to clarify your challenges and will guide you in how to overcome the challenge or negative self-talk and be able to move forward.

#### 5. A Coach Will Hold you Accountable To Your Plan and Goals.

They will provide you with a tremendous amount of support to help you have the tools, resources and way of thinking to achieve your goals. Part of this support will be in the form of holding you accountable. This is a part of coaching that many people do not like – they want to achieve their goals but do not want to be held accountable. I have heard “I do not want a coach because I do not want anyone telling me what to do”. This would be true for most people, as professionals many do not want to be told what to do – but we do want someone to support and encourage us to reach our goals. A coach is this ‘accountability partner’. This accountability may be in the form of ‘homework’ assignments and/or motivation, inspiration and encouragement. At each coaching session your coach will ask you for an update on your progress towards your goals. It can be easy to make excuses as to why you did not stick to the plan. Your coach will help you move from giving excuses as to why objectives were not achieved to one of taking accountability for what was achieved and adjusting the plan to ensure success.

The value of coaching is hard to quantify and therefore it is challenging to understand the value you will achieve from having a coach. It is important to remember that your coach will be your biggest non-judgmental supporter – he or she will believe in you and will be very and committed to helping you get out of your own way. A coach is key part of your team needed for you to achieve your personal and professional success.







Book your place in any March 2018  
CORP Workshop  
**by 10 March 2018**  
and receive a >>>

Note: offer does not apply to CORP Talks

**DONT MISS OUT ON THIS GREAT OFFER!**

**\$50**  
**DISCOUNT**

For further information,  
or to register for a  
CORP Workshop,  
contact:

**Darwin (Head Office)**

P. (08) 8941 5661

F. (08) 8941 0746

corp@corp.org.au

www.corp.org.au

**Alice Springs**

(08) 8953 4225

easaalicesprings@easa.org.au

**Katherine**

(08) 8941 5661

corp@corp.org.au

**Full Day Workshops**

8.30am – 4pm

**\$265\*** per person

Lunch & Refreshments

included

**Half Day Workshops**

8.30am – 12noon

**\$140\*** per person

Refreshments included

**CORP Talks**

**\$39\*** per person

**ONLY 16\* PLACES**

**AVAILABLE FOR EACH**

**WORKSHOP — get your**

**registration in early!**

**Workshop Locations**

**Darwin**

Level 2 Highway Arcade,

47 Stuart Highway

Stuart Park NT

**Alice Springs**

Locations in town centre:

confirmed upon booking

**Katherine**

Regional Training Centre

19 Second Street

**\*Katherine conditions:**

**\$285pp** for full day

**\$175pp** for half day

**\$45pp** for CORP Talks

Maximum **10** participants

## Darwin

<b>Tuesday</b> <b>6 March</b>	<b>CORPtalk!</b> Change Management	<b>One Hour</b>
<b>Tuesday</b> <b>13 March</b>	Resilience – <i>the Grit Factor</i>	<b>Half Day</b>
<b>Wednesday</b> <b>14 March</b>	Having a Difficult Conversation	<b>Half Day</b>
<b>Thursday</b> <b>22 March</b>	Preparing to Work in a Remote Community	<b>Full Day</b>
<b>Tuesday</b> <b>27 March</b>	EQ = Emotional Intelligence for Leaders	<b>Half Day</b>
<b>Thursday</b> <b>29 March</b>	Enhancing the Customer Experience	<b>Half Day</b>
<b>Tuesday</b> <b>3 April</b>	Resolving Conflict	<b>Half Day</b>
<b>Tuesday</b> <b>10 April</b>	<b>CORPtalk!</b> Coping with Anxiety and Negative Emotions	<b>One Hour</b>
<b>Wednesday</b> <b>18 April</b>	The Neuroscience behind Great Leaders	<b>Half Day</b>

## Alice Springs *Limited places available — please book early!*

<b>Thursday</b> <b>15 March</b>	Take Charge of Your Life	<b>Full Day</b>
<b>Thursday</b> <b>29 March</b>	<b>CORPtalk!</b> Healthy Gut = Healthy Mind	<b>One Hour</b>
<b>Thursday</b> <b>26 April</b>	Vicarious Trauma and Self Care	<b>Half Day</b>

## Katherine *Limited places available — please book early!*

<b>Thursday</b> <b>15 March</b>	Resilience – <i>the Grit Factor</i>	<b>Half Day</b>
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