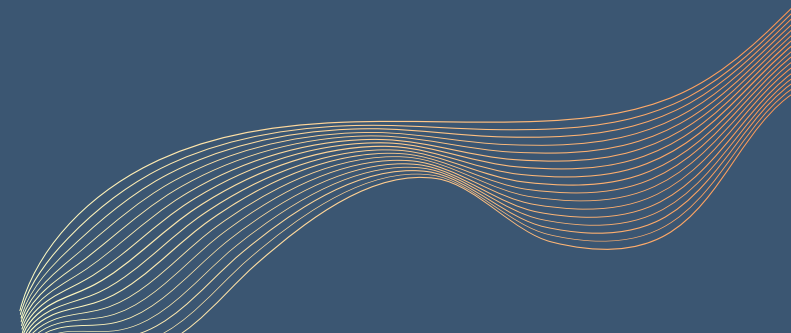




# Coaching Skills At Work

PROGRAMME

*For Businesses*

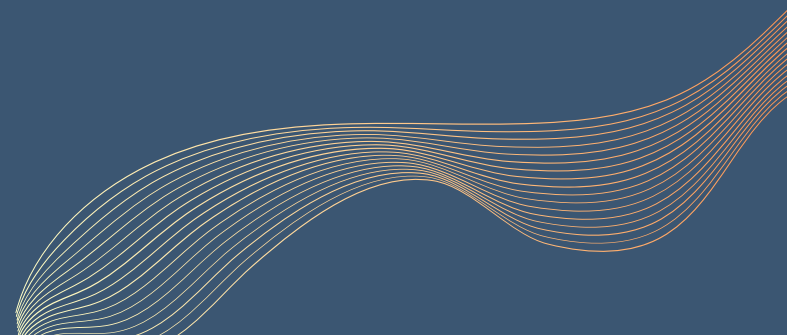




"Coaching comes from the world of sports and the arts, where athletes and actors receive coaching so that their work will become extraordinary instead of just *okay*. Coaching takes people from good to great. Coaching is not for dysfunctional people, it is not there to heal the sick and wounded. It's there to help people reach their higher callings and "unlived lives", the lives they are not living because they are trapped in their own isolated, self-critical egos.

Coaching expands their goals. It's not about whether you need a coach (no-one needs a coach), it's about whether you want a coach."

- "The Prosperous Coach"



# OVERVIEW



This programme will prepare you to coach and lead anyone with confidence and fluidity, on any topic, in any situation. You will learn and get to practice some of the most effective and proven tools, models and techniques in the coaching world, that will enhance your coaching conversations and deepen your impact on others. This programme is designed for you to experience transformation in the way you relate to, and work with, other people – empowering them as naturally creative, resourceful and whole, capable of finding answers to their own challenges.

# LEARNING OUTCOMES



- Engage with your colleagues and team members in ways that cultivate trust, catalyze self-discovery, enhance insight, and inspire movement into bold action.
- Integrate “coaching moments” into daily conversations, creating deeper connections and maximizing learning and growth.
- Create relationships of trust, providing safe, experiential learning environment that fosters space for intimacy.

42 ACRES  
SHOREDITCH

WELCOME TO  
THE JOURNEY  
OF DESIGNING  
THE GOALS  
OF YOUR  
BUSINESS

LET'S ASK YOURSELF  
THE QUESTIONS

# PROGRAMME STRUCTURE



Coaching Foundations Webinar



Specialized Study Sessions



Fulfilment Coaching

- Career Growth
- Work-Life Balance



Confidence Coaching

- Women at Work
- Effective Communication  
& Networking



Wellbeing Coaching

- Stress Management
- Conflict Resolution / Difficult  
Conversations

# COACHING FOUNDATIONS

3h | online | all participants | practical | informative | engaging



This 3h online webinar is designed to introduce all participants to my most effective and powerful coaching tools, models and techniques, based on my Co-Active Coaching and NLP trainings as well as my broad experience of over 500 hours of 1-2-1 coaching.

Finally, I will be sharing with you my top tips on how to structure a successful coaching session, design alliance with your coachee, set boundaries and expectations as well as deal with potential challenges in a coaching relationship.

# STUDY SESSIONS



90min | online | interested participants | practical | informative | engaging

The specialized study sessions are designed around 3 coaching themes: fulfilment, confidence and wellbeing; each theme offers two separate 90min sessions. Depending on where your interests are, you can participate in any of the 6 specialized sessions; from career growth, work-life balance, effective communication and confidence at work, to stress management and conflict resolution.

During the study sessions I will be sharing specific tools, online resources and case studies, that will enhance your coaching conversations in each of the suggested theme. You will also get the chance to practice and receive feedback.





# Patrycja Skurzak

Confidence & Personal Development  
Coach | Trainer

Patrycja is a professional coach and trainer, who trained with CTI, Coaches Training Institute in 2016 and has been working as a Coach since then.

The CTI Co-Active Coach Training series is widely recognized as the most rigorous professional coach training and certification program in the industry. As the largest and most established professional coach training organization in the world, CTI has trained over 65,000 coaches, including employees in more than a third of the Fortune 100 companies.

The Co-Active Model is the most widely used model in the coaching industry. Their scientifically based methodology provides a simple, intuitive framework for human interaction that creates profound results.

# CONTACT



Patrycja Skurzak

Confidence & Personal Development Coach | Trainer

+44 (0) 7514 977 690

[coaching@patriciaskurzak.com](mailto:coaching@patriciaskurzak.com)

[www.patriciaskurzak.com](http://www.patriciaskurzak.com)