

Coaching Skills for Leaders

GoSkills online course syllabus

Skill level

Beginner

Lessons

20

Pre-requisites

No prior experience needed

Video duration

48m

Estimated study time

48m 35s

Instructor

Eric Zackrison, PhD

Introduction

1 Great coaching makes great teams

No matter how efficient or productive your team is, every team needs coaching in order to continue to grow and thrive.

What is Coaching?

2 The groundwork of coaching

A good coach can elevate almost any team.

3 What coaching is and is not

Good coaching is part science and part art.

4 Best practices for good coaches

A general approach to coaching is to modify a few best practices fit your strengths.

Coaching Pre-work

5 Assessing the team

Good coaching starts with a firm understanding of your team.

6 Addressing poor performers

Improving a poor performance is integral to being an effective coach.

7 Setting the stage for coaching

A good coaching session has to start off on the right foot for the coach and the employee.

Creating a Supportive Climate

8

Foster collaboration

Involving your employee in the coaching process makes them feel supported.

9

Empowering employees to excel

Empowerment leads to engagement. After this lesson, you will have the tools for making your team feel empowered to excel in their progress.

10

Focusing on the positive

Positivity can be a powerful motivator. After this lesson, you will be able to apply positivity to your coaching tactics.

11

It's safe to make mistakes

Allowing mistake to happen creates a culture of support. After this lesson, you will know how to let your team feel safe in making mistakes.

Effective Coaching Sessions

12

Determining objectives

Goals are what drive people toward progress.

13

Assessing the present

You need to meet your team where they are.

14

Closing the gaps

It can be overwhelming to work on self-improvements.

15

Put a plan in place

So much of coaching is creating action plans. After this lesson, you will be able to create a step-by-step plan with your team for success.

Best Practices for Goal Setting

16

How success is measured

Real success can be measured.

- 17** **Specific and time bound goals**
Vague goals yield vague results. After this lesson, you will be able to collaborate with your employee to create specific and time bound goals.
- 18** **How to prioritize goals**
Coaching employees how to prioritize is critical for employee success.
- 19** **Implementing accountability**
Milestones are a great way to measure progress.

Conclusion

- 20** **Be the next great coach**
You're now ready to start coaching your team! Thanks for watching!

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