

# BECOMING A FIRST-CLASS LEADER

## Through Coaching Your People

Date: May 12-13, 2010

Location: Singapore

### WHO WILL BENEFIT MOST :

- Business owners, middle and senior managers who are looking for new tools to keep their best people.
- HR professionals who want to coach people internally
- Participants will learn advanced coaching techniques to help them inspire, motivate, empower and develop their staff.

### PROGRAM OVERVIEW :

Coaching is becoming more and more popular in Singapore, HK and China, as a growing number of managers see it as a very effective way to motivate and keep their best people. Widely used by major companies in the US and Europe, coaching requires a specific mindset and covers a whole set of skills.

In this seminar, the participants will learn the coaching mindset and some practical coaching tools that they can use to coach their people. They will be adjusted to the business environment in Asia, thanks to the business background of the trainer.

This seminar includes 1 follow-up group coaching session to assist the participants in implementing what they will learn.



Included in this program is a personal assessment that participants will do on-line before the program starts. The report of this assessment will be used extensively during the program to help participants to identify what are their preferred behaviors, their strengths and their areas for development.

### Objectives:

- To understand the power of coaching
- To learn and practice the 9 key coaching competencies
- To experience the difference between being coached and being directed
- To develop an understanding of the appropriate situational communication approach
- To implement coaching and to become aware of its limits

### Benefits for Participants:

Benefits for participants in this personal journey include:

- Enhance their communication repertoire for more effective interactions with their team members, leading to better business results.
- Create a new communication culture which saves cost due to higher employee retention rates and less disruptive conflicts.

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## Your Coach Trainer

“ Many thanks for giving me an inspiring session. It helps me not only in coaching people, but in self-development too. ”  
----- Senior Training Officer, CSTD

“ This course presented a great learning experience for me. Thank you for making the session interesting and make me want more. ”  
----- Training Manager,  
TESCO International Sourcing

## FACILITATOR:

### SABREENA ANDRIESZ

Trainer & Executive Coach, Progress-U Limited



Professionally trained by Corporate Coach U (CCU), Sabreena is an ICF Associate Certified Coach, Facilitator and Psychotherapist holding a Masters Degree in Social Science (Counseling). Known for her integrative approach Sabreena has devoted the past decade to teaching unique, life-changing practices through her thorough knowledge in behavioral analysis, leadership development and whole brain technology using advanced coaching techniques and psychometric tools. She also provides corporate coaching and training for middle to senior management.

She extends her reach by writing motivational articles and her monthly column featured in Shape Magazine (SG) from 2004 – 2007. Sabreena is a member of the SG Association for Counseling and the American Society for Training & Development. She serves on the Editorial Advisory Panel of Simply Her Magazine and is the current President of the Internat. Coach Federation.

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### PRACTICAL INFORMATION:

**Date & Time:** Wed - Thu, May 12 - 13, 2010 9.00am - 5.30pm

**Venue:** To be advised in Singapore

**Cost for 2-day program:** S\$1260 per person includes Harrison Assessment (value S\$100)

**10% Early-Bird Discount:** S\$1140 for registration before 12th April 2010

**Registration Closing Date:** 05th May 2010

Maximum number of participants: 15

For enquiries please contact Ms Siti Hinchliffe at +65 8448 8992 or email [siti.hinchliffe@progressu.com](mailto:siti.hinchliffe@progressu.com).

### REGISTRATION:

Please reserve \_\_\_\_\_ place(s) at regular fee

Please reserve \_\_\_\_\_ place(s) at 10% early bird discount

#### CONTACT DETAILS

Please print in BLOCK LETTERS

Name (Mr./Mrs./Ms/Dr) \_\_\_\_\_ Date \_\_\_\_\_  
(Surname) (First Name)

Company Name \_\_\_\_\_ Title \_\_\_\_\_

Tel \_\_\_\_\_ Fax \_\_\_\_\_ Email \_\_\_\_\_

#### PAYMENT

##### By Telegraphic Transfer

Account Name: Progress-U Pte. Ltd.  
Bank: UOB Limited, Singapore  
Account No: 357-301-863-8  
SWIFT: UOVBSGSG  
Bank Code: 7375; Branch 018

##### By Cheque

Payable to Progress-U Pte. Ltd.  
Please send in your cheque together with registration form to  
Progress-U Pte. Ltd.  
583 Orchard Road, #09-01 Forum, Singapore 238884

\* Please email your registration and telegraphic transfer acknowledgement to [siti.hinchliffe@progressu.com](mailto:siti.hinchliffe@progressu.com)