

COACH Q

Championship coaching to lift your organization!

COACH Q SPEAKING & TRAINING PROGRAMS

Coach Q's programs include the following popular speaking and training topics. Specifically tailored special topic programs for your group are also available.

Staff Development
Customer Service
Leadership
Management Development
Diversity and Inclusion

Speaking and training programs are available as one-time speeches, or as workshop series with varying levels of post workshop interaction and follow up.

Three Part Series Overview

- #1 Healthy Enough to Serve**
- #2 Recipe for Success Training**
- #3 Be the Stake Training**



Healthy Enough to Serve

Summary:

Emotions affect our behavior and interactions with others in the workplace. When an individual is not healthy, they are not able to contribute to the organization in a positive way. This program addresses how the mental, physical, and emotional health of an individual can contribute to the organization and community positively.

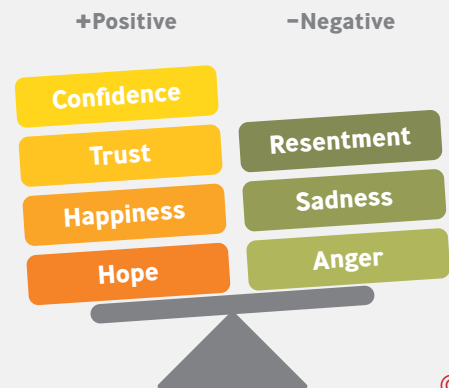
What you'll learn:

Part 1: Five Things that Make an Organization Unhealthy addresses the mental, physical, and emotional state of an individual and the effects on attitude, response to change, and overall work performance.

Part 2: Tool Kit for Improved Wellness offers concrete suggestions for how to improve the areas covered in Part 1.

Part 3: Top Notch Service Inside & Out addresses how to use the Tool Kit to better serve yourself, your organization, and the greater community.

Emotions we Bring to Work



©COACH Q

What emotions are you feeling today?

ANGER

is only one letter short of

DANGER



©COACH Q

Get a Toolbox



- Find out what tools you need
- Master your tools
- Keep them with you at all times

©COACH Q

Recipe for Success Training

Summary:

Participants will leave this training with a great understanding of how to create a clear vision -- a prerequisite to goal setting, Set SMART goals, gather necessary resources, create an action plan to achieve those goals.

What you'll learn:

Part 1: Create a Clear Vision

Part 2: Get/Create a Good Recipe

Part 3: Gather Resources

Part 4: Start the Process

Part 5: Manage the Success

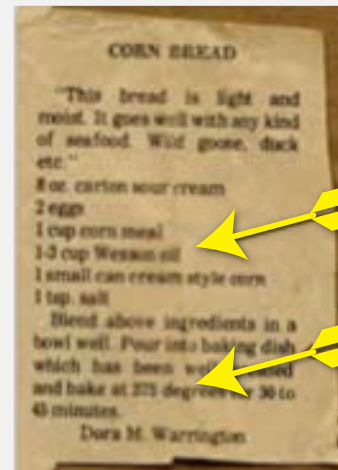
Establish a Clear Vision



This is crucial because it keeps you focused. A clear vision provides a road map for decision-making and keeps you from veering off course.

©COACH Q

What are the parts of a good recipe?



**Resources
(ingredients)**

**Instructions
detailing what
to do with those
resources.**

©COACH Q

Be the Stake Training

Summary:

For an organization to grow in a healthy way, it needs to be connected with a strong “stake”. Like planting a vineyard, the vine needs to be connected to the stake, then guided to be productive and grow. When people see how being a stake is essential to success, they are more likely to apply themselves, take ownership, and help the organization achieve its vision and mission.

What you'll learn:

Objectives:

- 1. Understand how to ‘be the stake’ within your department/organization.**
- 2. Understand how your contributions impact your ability to serve the greater institution..**

Planting the Vine



- **Understand the barriers**
- **Prepare the soil**
- **Planting vs Burying**

Connecting the Vine to the Stake



The “stake” plays a crucial role in providing stability and direction for the “vines”.

©COACH Q

COACH Q SPEAKING & TRAINING PROGRAMS

Leadership!

Summary:

Effective leadership begins with approachability, self-awareness, and an understanding of motivation. Self-awareness means seeing yourself from your employees' perspectives which is not easy, but is critical to building and maintaining a successful team. To motivate your staff successfully, you need an understanding of social & conflict styles of members of your team, and what motivates each one of them. Awareness is not enough, however; you must take it a step further, and have the emotional intelligence to adjust your management style accordingly.

What you'll learn:

Participants will walk away with effective skills in each of these important and interconnected areas of leadership:

1. Coaching
2. Emotional Intelligence
4. Effective Communication
5. Conflict Resolution

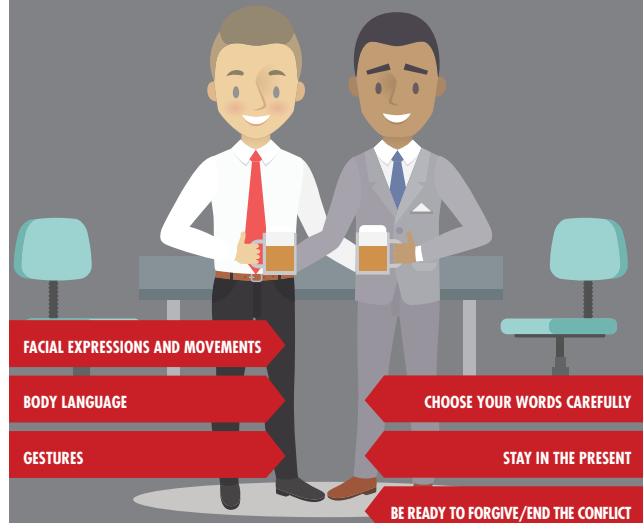
Key Concepts:

1. Measures of Approachability
2. Benefits of Approachability

Emotional Intelligence

IMPROVE YOUR EMOTIONAL INTELLIGENCE

EMPLOYERS VALUE EI OVER IQ



Employers say it's because those with high EI:

1. Usually remain calm under pressure
2. Resolve conflict effectively
3. Are empathetic to their colleagues — and act as such
4. Lead by example
5. May put more consideration into business decisions

©COACH Q



Championship coaching to lift your organization!

559.355.8387

POB 12905, Fresno, CA 93779

coach@coachq.com

www.CoachQ.com

©COACH Q