

COACHING – an overview

What is the purpose of this document?

It may be that you are new to coaching and may have some questions. This document is designed to give you some information about what coaching is about, who will be working with you and what benefits might be expected from a coaching relationship. For more detailed information please take a look at our coaching agreement and terms and conditions.

Who is the coach?

All coaching services are provided by Simon Price the founder of Price Professional Development.

Simon is an experienced qualified commercial litigation solicitor having worked with international and large regional law firms as well as in house. Simon is a certified NLP practitioner and has also worked with the world renowned Dale Carnegie organisation helping develop leaders. He works with lawyers of all levels and uses a unique coaching model G.R.E.A.T to help them achieve their goals.

Simon is enthusiastic and approachable and is driven by a desire to help people achieve their own personal vision.

All coaching is accredited by the Law Society. Accreditation reference: DCX/PPDE for continuing professional development hours.

Benefits of coaching

The benefits of coaching are numerous. Some of the most popular benefits are listed below. The question to ask your self is how do I want to use coaching to help me achieve my desired outcome?

- Increased motivation;
- Increased teamwork;
- Improved relationship between colleagues;
- Improved job satisfaction;
- A reduction in the amount of internal conflict;
- Client's become more self-aware and take more responsibility;
- A recent CIPD study stated that 9 out of 10 respondents thought coaching was an effective tool in learning in the workplace.
- Increased productivity;
- Increased communication and direction;
- Helps develop interpersonal skills;
- Helps foster a culture of trust and cooperation.

What is involved in a coaching session?

You will meet with the coach on a one to one basis. The sessions will last from 1 – 2 hours depending upon your requirements. The coach will provide a safe and challenging environment. You will be expected to challenge yourself to help achieve your goals. The relationship is reciprocal and participatory. The coach will support you.

The one-to-one sessions will be conducted at the convenience of you and will take place at either your place of employment or an agreed location between both parties.

The coaching agreement will help you understand what is expected of both parties during the coaching relationship. Please take some time to consider it.

How many sessions?

This is dependent upon your requirements. As a guide a 3-6 month programme is standard but it can be longer by agreement.

Homework

At each session a number of tasks will be set by you. The coach will expect you to work on those tasks in between sessions to help achieve your outcomes.

The coaching relationship – the 4 stages of coaching

Stage 1 Establishing the coaching relationship	Stage 2 Action planning
<ul style="list-style-type: none"> • Initial meeting with you and or management • Proposal and contract • First contact with you • First coaching session • Second coaching session • Report to management 	<ul style="list-style-type: none"> • Establish values, vision and goals • Establish agreed measures of success • Develop action strategies using GREAT
Stage 4 Evaluation and follow up	Stage 3 The coaching cycle
<ul style="list-style-type: none"> • Evaluation • Final session – closure • Preventing slippage • Follow up sessions • Report to management 	<ul style="list-style-type: none"> • Review • Assess • feedback

What next?

Coaching is about helping you achieve your desired outcome and about developing excellence. How far do you want to go? What do you want to achieve? Be bold.

If you want to chat to Simon give him a call on 07967-302-455 or 0845-157-7680.