

**THE COACHING  
SOLUTION**

**UNLOCK  
YOUR CAREER  
POTENTIAL**

## OVERVIEW

UCoach delivers Coaching training programmes as well as Coaching Support Services and solutions to support performance and transformational coaching, which allows individuals to Level Up!



**UCADEMY**  
LEVEL UP

## OBJECTIVES

### Coaching Skills Training

- Understanding the role of coaching in the workplace
- Coaching code of ethics
- Coaching presence
- Coaching for performance
- Effective questioning and communication

### Coaching Support

- Individual coaching session with a focus on performance and business coaching
- Group coaching sessions to provide support, motivation and to improve team cohesion
- Regular Community-of-Practice days to share best practice and to address common coaching challenges

### Coaching Consulting Services

- Develop coaching strategies
- Enable performance
- Development of coaching culture in the workplace
- Measuring of coaching competency level within leadership community



#### DURATION

3 days



#### TARGET AUDIENCE

Emerging leaders and team leaders



#### BATCH SIZE

12

## BENEFITS

### The Ucademy coaching advantage

Our advantage lies in delivering customised coaching programmes and support that focuses on developing high-performing coaches to meet the performance needs of our clients.

- Learners have direct access to in-house coaches and mentors.
- The coaching offers support for past completion of training.
- Learners have the option of joining regular Community-of-Practice sessions to broaden their knowledge base and interact with like-minded people.

## CONTENT SPLIT

- Facilitator-led session: 80%
- Peer learning: 20%

## RECOMMENDED LEARNING RESOURCES

N/A



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