



**ARIVU**  
Empower • Innovate • Perform

## **Executive Coaching (1 or 2-days)**

This workshop is suitable for Leaders with coaching experience looking to:

- Develop their coaching skills further
- Apply emotional intelligence tools
- Understand the power of values

### **Coaches wishing to:**

- Learn leadership coaching techniques
- Build their coaching experience
- Add depth to core coaching skills

### **By the end of this course you will be able to:**

- Coach others to grow as leaders
- Understand leadership styles
- Deepen your core coaching skills
- Grow emotional intelligence in yourself and others
- Improve your relationships with colleagues, suppliers and customers

### **What will it cover?**

#### **Working as a Leadership Coach in formal and informal situations**

- Discover and explore values
- Deepen your understanding of the principles of leadership coaching  
Understanding the impact of authenticity and the 'ideal self'
- Understanding what it means to be an influential leader
- Coaching to grow emotional capability in yourselves and others

#### **Growing Emotional Intelligence**

- Coaching to raise awareness of emotions, build emotional capacity and grow emotional capability in ourselves and others
- Deepen your listening skills

#### **On-going Personal Development**

- Four 1 hour teleclasses, an opportunity to discuss practical skills application
- Mentor Coaching: A mentor coach observes you coaching a fellow student and gives in-depth feedback
- Peer Coaching

### **What others have said about these courses:**

[www.arivu.co.uk](http://www.arivu.co.uk)

**Innovative & Impactful Coaching & Consulting Services  
To Transform Your Business**



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*Coaching has become such a fad word these days. Arivu show you what true leadership coaching means and will make you a better coach and a better leader."*

- Brenda Whittington, British Telecom

**To find out more about this course or to enquire about prices, training dates and locations, please contact us on **0871 237 6767** or email us at [info@arivu.co.uk](mailto:info@arivu.co.uk)**

[www.arivu.co.uk](http://www.arivu.co.uk)

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