



## What are the Benefits of Coaching for Your Workplace?

“Coaching is a way of working with people that leaves them more competent and more fulfilled so that they are more able to contribute to their organisations and find meaning in what they are doing.” Coaching - Evoking excellence in others”, James Flaherty 2005

**Need2Connect** coaching provides professionals with an opportunity:

- ✚ to gain skills and knowledge about who they are and how they relate to others
- ✚ to discuss strategies for change
- ✚ to become observers of their own behaviour as we can only change what we notice
- ✚ to acknowledge their strengths
- ✚ to be accountable to themselves for the changes they wish to make

This process in turn can:

- ✚ Enhance your reputation as a Socially Responsible Organisation.
- ✚ Increase staff emotional health and well-being
- ✚ Increase staff commitment and satisfaction
- ✚ Improve work and team performance
- ✚ Improve productivity
- ✚ Work towards reducing turnover of staff
- ✚ Work towards decreasing absenteeism

When organisations place importance on staff relations and provide staff with coaching training improved communication is possible. Management and all staff are then able to deal more even-handedly with conflicts, ineffective work habits, office politics, and different personality styles, among other important work issues.

**Need2Connect** professional coaching offers you positive support to have new awareness and confidence with your workplace relations and beyond.