

Strengthening working relationships -communication coaching

Without doubt the quality of our communication has a direct impact on our performance within the workplace. Your communication with others is one of the most important tools that you can use to influence and make things happen. In business we tend to spend time getting the process, system and task right yet it's often how we relate with others that really makes a difference.

Kandula's communication coaching helps you develop communication skills relevant for your current and future roles.

Do you want to be?

- Credible
- Professional
- Connected
- A leader
- Influential
- Stress free

Reach to the stage where you are

- Heard
- Understood
- Inspiring
- Confident

How we do it

The coaching program is a 6 – 10 session program based on your particular needs. The program is split in to 3 stages:

»**Step 1** – Set the goals and complete any relevant assessment questionnaires

»**Step 2** – Use the GROW coaching model to change behaviours, identify actions and build your confidence as a communicator

»**Step 3** – review progress, refresh the goals and develop on going action plans

During the coaching program you are provided with telephone and email support. You will also be advised on tools and skills to use in specific situations.



The lasting difference

- Greater understanding of what makes effective communication happen
- Increased confidence as a communicator
- Ability to handle difficult situations
- More authentic relationships that will last
- An ongoing awareness of your own communication style
- Techniques to be heard and involve others in discussion

Feeling under pressure to influence and communicate more effectively? If so contact us at Kandula to learn more about our coaching