

An Introduction to **Coaching Out of the Box®** with trained facilitators Jeanie Paterson, Lori Hurst & Mary Crowley.



'Be the change you want to see in the world' ~ Mahatma Ghandi

...Imagine if EVERYONE incorporated foundational coaching skills into their professional and personal lives...How would doing so change and enhance the way people work and interact with each other?

~ Our VISION is that they will ~ Our Mission is to support them to do so ~

What Is Coaching?

- A process that supports people in identifying, discovering, and maximizing their professional & personal potential
- A collaborative partnership that facilitates human excellence
- A powerful approach to enhance communication, build trust, leverage strengths, and achieve results

**...Our Passion is Coaching,
Creating a Coaching Culture is Our Desire, and
Our Coaching Out of the Box® Program Helps Us Achieve This Vision...**

The **Coaching Out of the Box® 5/5/5 Coaching Skills Training** program is a unique, interactive workshop, designed for leaders, board members, managers, supervisors, front line staff, volunteers, etc. who have an interest in learning and applying the art of coaching in their professional and personal lives. Participants will be introduced to our "5/5/5" framework model for successful coaching; including 5 Core Coaching Skills, a 5 Step Coaching Exchange Process, and 5 Guiding Principles that support effective coaching.

This program demonstrates a sound Return on Investment (ROI), as 'coaching' leaders have higher employee empowerment, stronger succession planning, more effective conflict resolution, and improved retention of workplace staff.

Join Jeanie, Lori, and Mary for this unique opportunity to explore how **Coaching Out of the Box® (COOTB®)** can best support your organizational effectiveness to THRIVE! (Facilitator biographies on next page)

- **Workshop Specifics:** Wednesday, Oct 20th, 2010, 8:30 am - 4:30 pm at Ocean Resort, Oyster Bay, BC, (between Courtenay and Campbell River)
- **Cost: \$395. Includes:**
 - Lunch, Beverage Breaks & Take-away Participant Pack (valued at \$150.00)
 - A chance to win a One on One Coaching Package (valued at \$300.00)

Please Note:

- **COOTB®** may be eligible for funding through BC Ministry of Advanced Education & Labour Market Development, Workplace Training & Innovation Fund; www.aved.gov.bc.ca/workplace_training_program/welcome.htm
- Revenue Canada recognizes both **COOTB® workshops** & coaching support as being legitimate Professional Development business expenses.

For more information or to register, please contact Lori at (250) 898-8836 or www.lorihurstcoaching.com

Registration Form

Name: _____ Phone: _____ Email: _____

Address: _____ Organization: _____

Register me for October 20th, 2010 COOTB® workshop at Ocean Resort, Campbell River, BC

Note: Please advise us of any special dietary needs.

Please register by October 14th, 2010, issue cheque for \$395.00, made payable to 'Lori Hurst Coaching', and mail registration/cheque to Lori Hurst Coaching, 2058 Cousins, Courtenay, BC, V9N 3N5

~ Register early to ensure your seat in this innovative coaching workshop ~ Max. registration: 20 participants ~



About ***Coaching Out of the Box***® licensed facilitators...

Jeanie Paterson, of *Full Spectrum Coaching & Consulting Services* is deeply committed to helping others make empowering professional/personal choices that support their capacity to THRIVE. As an Empowerment Coach, Organizational Development (OD) Consultant, and Coaching Educator, Jeanie works in collaborative partnership with boards, senior executives, and other workplace staff, focusing on OD areas related to strategic visioning, HR, leadership development, team building, staff engagement/ retention, and workplace coaching/ mentoring. (www.full-spectrum.ca)

Jeanie's credentials include a MA in Leadership Studies, Certification as a Professional Coach, Accredited Facilitator of Appreciative Inquiry & Personality Dimensions, and Licensed Coaching Out of the Box® Trainer.

Lori Hurst has a BA in Arts through University of Victoria and is a certified Executive Coach trained through Royal Roads University. She has 11 years experience in the public sector with experience working within a large organization, managing teams and being a leader. Her passion lies in promoting workplace respect, productivity and effectiveness, and she believes wholeheartedly that coaching brings these qualities to the workplace. (www.lorihurstcoaching.com)

Mary Crowley is an experienced trainer, facilitator, leader, change agent and coach. She has over 20 years experience in the public social sector and her passion for people and their development lead her to coaching and completing the Certified Executive Coach program at Royal Roads University. Mary's coaching focus has been on performance management, leadership development, team building and work-life balance. She is known for her compassion, deep listening skills and belief in the potential of people to find their own solutions.

Along with being a Certified Executive Coach and Licensed Coaching Out of the Box® Trainer, Mary has a BA in Psychology and Sociology and has completed training in leadership, conflict resolution and negotiation.