



Performance Coaching

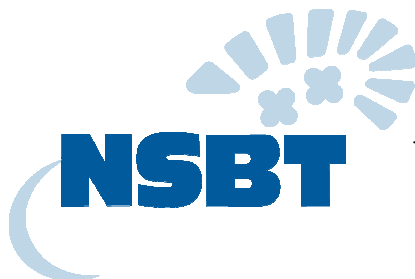
Gaining greater credibility. Handling tough people and situations with confidence. Making a stronger impact on people. Those are some issues you're likely to face in the work setting. Developing professional relationship techniques can help you in every situation, with your boss, colleagues and direct reports, every time you have to make a point, win support or help your co-workers be successful.

The One on One Performance Coaching Sessions can assist you in the following areas: (quoted per client)

- Communicate, motivate, and delegate with authority
- Develop strategies for resolving differences
- How to state your needs/concerns clearly
- Gain greater self-awareness and higher self-esteem
- Handle anger and conflict with confidence and keep your cool when the heat is on
- Build your image as a strong, fair-minded manager
- Get colleagues and management to listen to your ideas
- The difference between constructive assertiveness and destructive aggressiveness
- Developing your ability to influence others
- Active listening and responsiveness
- Dealing with anger (your own and others')
- Giving and receiving feedback constructively
- How to delegate effectively
- Understanding everyone is in this together!
- Strategic thinking and looking at the bigger picture

**Contact us today to see how we can
customize this session for you!**

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