

One to One Workplace Coaching Workshop (1.5 Hours)



Coaching sessions are suitable for employees, managers, supervisors or employers who would like individual coaching on a one-to-one basis for personal development. Participants are able to target their specific needs and workplace issues. Session duration is one and a half hours.

Topics may include:

- Effective workplace communication and emotional intelligence.
- Developing workplace strengths.
- Improving interpersonal skills and team relationships.
- Bullying and harassment.
- Reducing workplace conflict.

Facilitator:

Caroline Dean is an experienced trainer and workplace consultant with a background in criminal justice sociology. She specialises in implementing positive cultural change by finding solutions to bullying and harassment, workplace conflict and challenging behaviour.

Outcome: Statement of Attendance.

When: Run on demand. Contact us for available dates.

Where: At your workplace or the workshop is available at the Burnie Campus, Alanvale Campus or Campbell St Campus.

Cost: \$135 per person. Fees are inclusive of workshop and resource manual.

For further information please contact:

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The Total Training Package
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