

COACHING · CUSTOMIZED DELIVERY & SCHEDULE

Interpersonal Skills Coaching

Consider how much time you spend in meetings or conversations at work. Are you confident your communication skills are effective? Is every meeting or conversation productive and helping to strengthen your relationships and your image? If you would like to develop your interpersonal skills and prefer to do it in a private, targeted way, you would benefit from working one-to-one with a Wavelength coach.

Who Benefits from Working with a Coach?

Interpersonal skills coaching is suitable for anyone who participates in important conversations and meetings.

Why Coaching?

If you want to improve your interpersonal skills in a way that fits your schedule, is targeted to your needs, and lets you learn in a safe and supportive environment, then coaching is for you. Your coach can help you:

- Facilitate and contribute to important meetings with confidence
- Improve your conversational skills to prepare you for a new role or promotion
- Communicate more persuasively and better influence teams and stakeholders
- Build or enhance positive working relationships while achieving results

What to Expect

Work with your coach in person, virtually or both. In most cases, six hours scheduled to suit your schedule is all you need to achieve excellent results.

Phase one: Meet and establish learning objectives

You and your coach schedule a short introductory call to establish learning objectives and achievable goals. If possible, your coach talks to others who can provide feedback about your interpersonal skills.

You and your coach then establish a timetable for your coaching sessions, which you can schedule at your convenience.

Phase two: Coaching

The coach offers insights and introduces you to skills and approaches that you can apply to your meetings and important conversations.

You receive comprehensive interactive materials that include a manual, self-assessments and job aids, and your coach directs you to the content you need. You work through practice exercises, then you apply what you learn to your own real-world meetings or conversations.

You can schedule additional sessions with your coach whenever you need continued support.