

گردهمایی
کوچ‌های
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IRANCOACHINGWEEK.COM

*The Power of Coaching In
Supporting You To Enhance
Your Well-Being*

What we will cover:

- How to coach for well-being
- Tools and techniques to use personally and with clients

I coach business owners and leaders within organisations : at least 70% of my coaching and ALL of my clients talk about well-being



What does well-being mean?

Depends on the client

PERMA definition

Stress reduction

Physical / emotional

Health

What do you do for your well-being as a coach?

Competency 2: Coaching Mindset

Why is it a big deal for our clients?

Happy workers perform better

13% more productive

Don't work more hours!

Source: Said Business School: BT, 2019

Happy workers
work harder

Warwick Business School, 2015

700 Participants

12% increase in performance

What makes people happy at work?

Keltner et al (2014) Foundations of Happiness at work:

- Purpose
- Engagement
- Resilience
- Kindness

How can coaching support this?

It makes sense for organisations
to invest in well-being.. and
coaching can help!

What do you currently use
when you coach for well-
being?

Well-being tools for coaches

PERMA (+/H)

Circles of control / influence

Wheel of life

Stress / sleep questionnaires

Positive visualisation

SCARF model

SWOT around well-being

Cost - benefit analysis

Perfect day / perfect week

PERMA+ model framework

- P - positive emotion
- E - engagement
- R - relationships
- M - meaning
- A - accomplishments
- + - optimism
- H - Health

How might you use the model?

Self assessment of where you are / area of focus

Organisational level

Do the assessment tool

Listen for it

Coaching for compassion can
support coaching for well-
being

Vision / future
self questions
Richard
Bouytazis, Case
Western
University

- What does your perfect week / month look like?
- What do you need to believe?
- How do you want to think about x?
- What would a solution mean to you?

The BEST coaching.. curious,
client focused
listening + evoking awareness

Consider..

What you're modelling

Your lens

Being curious

Questions