



Josie Thomson

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# Enabled Leadership

## *A Brain-Based Approach to Solution Focussed Coaching Conversations*

*Learn the art and deeper science of facilitating powerful coaching conversations – A proven methodology for leaders, managers and supervisors under pressure.*

Josie brings together ground-breaking practices and models from the latest thinking and best practice in the fields of coaching, neuroleadership and strength-based learning & change.

Coaching is becoming an essential part of leadership and learning strategy in managing the increasingly complex and pressured business environment.

In this highly experiential workshop, participants will learn how to set up and engage in effective coaching conversations and sharpen their skill set for greater brain-friendly performance outcomes and results. We define coaching as 'facilitating positive change by improving thinking' - a required skill for anyone in a leadership or influencing role in today's workplace. This masterclass will teach how to have quality coaching conversations in any situation.

### **Participants will:**

- Discover a comprehensive range of models that illustrate best-practice, live modelling of skills, and participate in exercises to gain hands-on practice and immediate feedback
- Follow a clearly articulated and well-structured methodology with clear steps and stages
- Learn the core elements of building awareness and deliver more insightful conversations
- Learn the five principles to effective coaching with mindful presence
- Acknowledge the brain's natural aversion to change and shifting perspectives
- Learn how to facilitate positive change in others by working at the level of an individual's thinking
- Learn a process that helps people move from identifying impasses to generating insights, then taking actions which lead to positive and sustainable new habits
- How to sustain the 'good' – providing effective encouragement for consistent, sustainable positive performance approaches and outcomes

*discover, connect, enliven*