



COACHING PROGRAM

SEEDS: Services that Encourage Effective Dialogue and Solutions

Coaching can help with...

- Improving management skills
- Engaging with conflict
- Improving communication skills
- Managing up
- And MORE!

Whether it's managing your team, impressing your boss, communicating better or handling conflict, sometimes you need help to improve your skills. Through targeted sessions, SEEDS can coach you to develop your skills, work more collaboratively and reach your goals.

What Is Coaching?

Coaching is a process to help an individual accomplish their goals or manage a particularly challenging situation. A coach trained in conflict engagement, effective communication and leadership skills helps individuals clarify a learning goal (or goals) and guides them in formulating a plan to achieve the stated outcome while developing new skills and capacity.

Over the course of (up to) 5 sessions, individuals identify specific goals and work with their coach to meet their desired outcomes as well as develop capacity to enhance overall performance and proficiency.

Coaching sessions are 1 hour long.

SEEDS' Coaching services are

- **Productive:** Achieve goals while building and cultivating skills and relationships.

- **Participant lead:** Coaches follow the lead of the individual to guide the focus of the sessions towards their personal goals and priorities.
- **Flexible:** We use a variety of strategies and styles to accommodate your needs.
- **Cost Effective:** Our sliding scale is priced to fit a wide range of organizational and community budgets.

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