

# Phases of Coaching & Mentoring

Formulating an Action Plan

#### Create an Action Plan

- An action plan must include:
  - Define a statement of the current situation
  - Define specific goals
  - Set a timeline with milestones
  - Action steps supporting the plan
  - List out the expected outcomes
  - The coach's role is to periodically meet
     and provide coaching and critiques



## Role Play

 Helping a coachee come up with an action plan to deal with a challenging situation on the personal front that is affecting their productivity





## 7 Personality Types a Leader/ Coach May Encounter

## 7 Personality Types

- 1. The Bulldozer
- 2. The Dancing Peacock
- 3. The 'Passive Aggressive'
- 4. The Whiner
- 5. The Cynic
- 6. The 'Yes Man/Woman'
- 7. The Mute Spectator



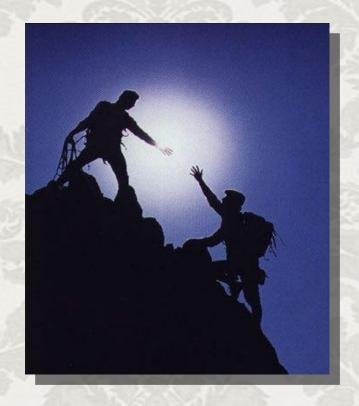




# Values of Mentoring and Coaching

## Value Based Coaching

- Good coaching, like good parenting, is a way of being as well as doing
- This way of being reflects our values that drive our behaviors



## Building a Mentoring Culture

- Accountability
  - Hold people accountable for their action plans
- Creating an environment of open and honest communication
  - Develop a bond with team members
  - Show them that you can be fair in your decision making
  - Encourage everyone to be open about their concerns and differences of opinion

#### Building a Mentoring Culture

- The power of appreciation
  - Recognize team members whenever possible;
     even if it is a short e-mail or a couple of words
     of encouragement
- Demanding improvement
  - Always push the team and its members to perform to their highest potential
- Creating opportunities
  - Create opportunities for people to advance

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