

VIDEO COACHING – *Train The Coaches*

... is a technique developed by Susyn Reeve, M.Ed. using proven communication skills and techniques combined with video-taping and direct and clear feedback aimed at the clients' particular goals.

Susyn's video coaching techniques have achieved excellent results with clients to build confidence, develop skills and to prepare for:

- Keynote presentations
- Formal, informal and impromptu presentations
- Performance feedback sessions
- Difficult professional and personal conversations
- Interviews

multiple video-taping and feedback opportunities

maximum group size for this program is 8 people

You will be provided Specific models to use for presentations, performance feedback meetings, difficult conversations and for interviews

Objectives for *Train The Coaches*:

- Learn the Video Coaching Process: the specific models used for presentations, performance feedback, difficult conversations and interviews.
- Experience the Video Coaching Process: participants will choose a particular communication focus to go through the Video Coaching Process.
- Practice Video Coaching and receive feedback: participants will practice the Video Coach Role and receive feedback from their *client*, trainees and Susyn.

Training Method:

Four 3 hour training sessions or one full-day & two half-day training sessions.

This experiential training program is focused on the conceptual understanding of the Video Coaching Process combined with personal application of the process. The training sessions will include the following components:

- Initial video-taping to determine baseline skills level, areas of improvement and to process the experience of being taped.
- Presentation of models for Effective Presentations, Performance Feedback, Difficult Conversations and Interviewing Skills
- Participants will choose an area of focus and will practice and receive feedback for the *client* and *coach* roles with the focus on the content and usage of video-taping as a feedback tool.

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