

VIDEO COACHING

... is a powerful technique using proven communication skills and techniques combined with video-taping and direct and clear feedback aimed at your particular goals. Through video coaching you build confidence and develop expertise to prepare for:

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

In one 90-minute session you will see immediate results and obtain:

Enhanced self-confidence when communicating

Improved delivery skills

You will be given specific models to use when preparing for a presentation, performance feedback meeting, difficult conversations or interviews

Video Coaching is for you, if you answer "Yes" to any of these questions:

- Do you get nervous simply thinking about giving a presentation?
- Do you dread talking with your employees about their job performance?
- Do you lose your train of thought in the midst of a difficult conversation?
- Do you fail to put your best foot forward in the midst of an interview?
- Do you want to expand and enhance your communication skills?

How it Works:

Prior to your initial Video Coaching session you will have a phone conversation with your coach to identify your specific video coaching goals.

An initial 90 minute Video Coaching session will then be scheduled; based on your needs and level of expertise additional sessions may be scheduled.

In general there are three to six Video Coaching sessions as determined at the first session.

For more information contact:
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