

LEADERSHIP

LDR01 Leadership Self-assessment

- 2 day course; small groups (maximum 8 participants).
- Covers the 10 core skills associated with high performance in a leadership role, and most importantly, how to be an effective leader under pressure.
- Resource – 10 A5 self-assessment and activity workbooks to identify strengths and weaknesses, including role modelling for fitness for work and performance enhancement.

LDR02 Introduction to High Performance Coaching (Level 1)

- 2 day course; small groups (maximum 4 participants).
- Provides practical training in basic coaching skills, based on high performance principles, to enable leaders to maximise the education and application of knowledge of team members.
- Resource - Coaching Manual Level 1 and self-paced learning module.

LDR03 High Performance Coaching (Level 2)

- 2 day course; small groups (maximum 4 participants).
- Provides practical training in advanced coaching skills, including an introduction to the physical and mental sciences that underpin high performance outcomes for individuals in any performance environment, and performance error identification and analysis.
- Resource – Coaching Manual Level 2 and self-paced learning module.

LDR04 Advanced High Performance Coaching (Level 3)

- 2 day course; small groups (maximum 4 participants).
- Provides practical training in advanced coaching skills, including techniques for advanced performance analysis that covers skill management and designing a high performance training program.
- Resource – Coaching Manual Level 3 and self-paced learning module.