

Fisher & Associates Solutions

Organizational Health & Employee Wellness Specialists
Successfully Addressing Workplace Stress, Burnout & Trauma

Email: info@fisherandassociates.org
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Build Capacity

Promote Resiliency

Increase Coping Skills

COACHING FOR PERFORMANCE: Developing Others for Success

A SPECIALIZED SERVICE PROVIDED BY FISHER & ASSOCIATES SOLUTIONS

Developed by: Linda Dobson Sayer, MA (ABS), Master Certified Coach.

Coaching unlocks an individual's potential to maximize their own performance. Performance coaches facilitate the continuous improvement of individuals or teams by providing timely, constructive feedback, meaningful recognition, and support for learning and development. Coaching for performance maximizes individual strengths, and identifies opportunities to try on new roles, behaviors and tasks.

WHAT IS PERFORMANCE COACHING AND HOW WILL I BENEFIT FROM BEING INVOLVED WITH A PERFORMANCE COACH?

- Performance coaches partner with individuals to build professional capacity and competency.
- Using specialized skills, a trained professional coach works with individuals to identify current strengths and challenges and eliminate performance blocks.
- It is an opportunity to engage in honest, straightforward dialogue with someone who is committed to challenging and championing you.
- Coaching is a co-designed, one to one, or group confidential conversation intended to build performance capacity, discipline and skill.
- Coaching is a preferred and tested route to achieving optimal performance.

HOW DOES IT WORK?

- Coaching is customized to your personal needs. Weekly and biweekly phone conversations offer timeliness and flexibility.
- Terms of the coaching engagement vary, from a minimum of three – 1-hour sessions to longer term engagements.
- The primary focus of the coaching sessions is to build personal and team performance linked with organizational objectives.

INTERESTED IN LEARNING MORE? CONTACT FISHER & ASSOCIATES SOLUTIONS

Linda Dobson Sayer MA, (ABS), Master Certified Coach, is an organizational consultant specializing in executive and leadership coaching and dispute resolution. As a Master Certified Coach, she has over 2500 hours of coaching experience to offer you.

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