



@eventsmastery.com



Coaching & Mentoring for Peak Performance

A 2-day Training Programme with
SHIRLEY LEONG

“Coaching is unlocking a person’s potential to maximize their own performance. It’s helping them to learn rather than teaching them.”



**Bonus:
Half-day
online Zoom
Coaching!**



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COACHING MENTORING

- ✓ TRAINING
- ✓ MOTIVATION
- ✓ ADVICE
- ✓ SUPPORT

INTRODUCTION

Coaching & Mentoring for Peak Performance program is designed for managers, executives and leaders in corporations using coaching / mentoring skills to help employees enhance growth and performance, as well as promote individual responsibilities and accountabilities.

Coaching & Mentoring is an ongoing process, which helps to build and maintain effective employee and supervisory relationships. When employees' capabilities gaps are identified, there are several ways to bring them to the desired performance level. Other than training, coaching & mentoring are widely used while it is a more personalized and targeted solution.

**"Empower Growth,
Foster Accountability:
Coaching & Mentoring for
Corporate Excellence"**



REGISTER
NOW

Who Should Attend



Managers and Team Leaders

Those looking to enhance their leadership skills and effectively guide their teams toward higher performance



Executives and Senior Leaders

Individuals aiming to foster a culture of growth, accountability, and personal development within their organizations



HR Professionals

Responsible for talent development and seeking strategies to support employee growth and performance



Aspiring Leaders

Individuals who want to develop coaching and mentoring skills as they advance in their careers



Corporate Trainers and Learning & Development Specialists

Those involved in designing and implementing coaching and mentoring programs within organizations

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WHY YOU SHOULD ATTEND

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LEARNING OBJECTIVES

- To have clarity of the values of Coaching & Mentoring
- To understand core accountabilities as an excellent coach and mentor
- To confidently apply coaching & mentoring intervention whenever need to
- Take away some practical coaching / mentoring tools and techniques that can be used right away
- To improve performance and gain great results
- To build better relationships at work



Elevate Leadership and Communication



Drive Employee Growth and Accountability



Implement Practical, Targeted Solutions



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ABOUT THE TRAINER

SHIRLEY LEONG

Catalyst of Growth & Performance
Transition Coach | Talent Development
Trainer & Consultant | Online Course
Creator | Edupreneur



Shirley has been in the learning and development industry for over 16 years with great exposure to all types of organizations. She was a business manager and part of the leadership team involved in the areas of business operation, business development, event management, sales & marketing, new market development and partnership management. She has helped to turn around two negative bad debts companies into profitable ones. She was working in Malaysia, Singapore, China and Hong Kong.

- **Certified Professional Trainer, IPMA UK**
- **Certified DiSC Trainer, WILEY**
- **Associate Certified Coach, ICF-ACC**
- **Certified Mental Toughness Coach, Mental Toughness Institute**
- **Certified NLP Practitioner**
- **Systemic Constellation Practitioner**

Approach

Shirley is a firm believer in “knowledge + action = transformation”. Learning and knowledge are at the lower level of training, the utmost importance is bringing training to a higher level, helping learners to apply what they learn thus turning into business results. Always start working with clients to identify and clarify their key objectives in carrying out a project, to ensure alignment with the companies’ strategic directions or business goals. Since Shirley has worked with organizations of all sizes and a variety of industries, she could effectively provide holistic suggestions to the challenges and needs to fit best for the context.

Other Relevant Experience

Shirley has wide experience in promoting and managing certification courses, hence she is nominated as the Head of the Certification Office for the International Union of Professional Trainers (IUPT, UK).

After she attended ATD Conference (Association for Talent Development) in US four years ago, she believed that Online Learning would positively be the learning trend in Asia for the upcoming years. She invested time and effort to learn about online and mobile learning since then. From the year of 2020, she has been helping trainers, companies and individuals moving to online.



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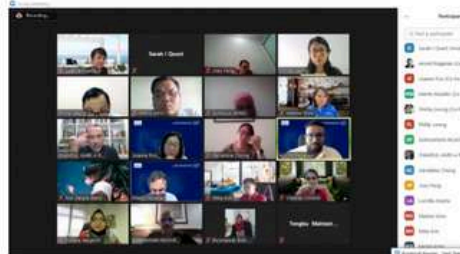
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Some of the clientele that she has served includes of Solvay Chemical, Carrefour Global Sourcing, Chow Sang Sang, Konecranes, Saint Gobain Research, AUCHAN, Bank Islam, Denso, UOB Bank, ANSELL, Coca-Cola, Advancenet Technologies, Malacca Securities, Nissin Logistics, TUV Rheinland etc.

She is adept in diversities of business environments and context. Other than training and consulting services, Shirley also helps individuals improving their performance capacities and learning new skills through coaching practices. She loves learning, not only for professional purpose, she is also very enthusiastic in personal mental well being.

She believes learning is her lifelong homework. Helping individuals and children will be her pursuit at later stage.



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COURSE CONTENTS

Module 1: Introduction of Coaching & Mentoring

- Why Coaching? ROI of Coaching?
- Coaching vs Mentoring
- Types Coaching & Mentoring
- Mindset shift for a Coach & Mentor

Module 2: Essential Attributes Being an Excellent Coach & Mentor

- Ability to build trust
- Role model
- Be motivating
- Limitation / flexibility

Module 3: Essence of Coaching & Mentoring

- Coaching & Mentoring deliverables
- Attitudes ~ iceberg theory
- Creating awareness
- Providing choices
- Committing responsibility

Module 4: Coaching & Mentoring Competencies 1

- Ethics practices & standards
- The Performance Curve
- Coaching Presence
- Active listening
- Influencing skills

Module 5: Coaching & Mentoring Competencies 2

- Coaching Process - GROW Model
- Powerful questioning
- Giving feedback
- Other technique: Scaling, Metaphors
- Action planning

Module 6: Establishing Coaching & Mentoring Culture in Your Organisation

- Benefits to organization and talent development



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**JOIN
NOW**

Coaching & Mentoring for Peak Performance



Shirley Leong

**PUBLIC & IN-
HOUSE TRAINING**



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