

PBC - Fundamentals Module

Session #	Activity	Completed	Not Completed
Pre-coaching	<i>Forward PBC Application Form</i>		
	<i>Forward Pre-Coaching Questionnaire for completion and return with CV</i>		
	<i>Review Application Form with coachee. Provide PBC folder</i>		
	<i>Three way personal development plan discussion with manager and set intentions</i>		
Coaching session 1	Introduction; Review 360 feedback and development plan; identify from 360 feedback areas to be mastered; Introduction to Strengths Based Leadership Concepts; and Emotional Intelligence EQ feedback (TalentSmart)		
Coaching session 2	Introduction to trust advisor and influencing concepts; Explore key goals, priorities, areas for breakthrough, awareness, understanding, tools and practical steps. Refresher on energy concepts (universal laws) keys to practice.		
Coaching session 3	Identify Strength Based Leadership domains and their application; Meeting management and planning. Further awareness of energy concepts and specific practical applications.		
Coaching session 4	Further awareness on business engagement and stakeholder management; Confidence, influencing, integrity and intentions.		
Coaching session 5	Introduce concepts of focus and discipline. Identify areas where these concepts can be applied. Develop action plans for next few months based on SMART objectives. Review key goals and steps forward.		
Coaching session 6	Integration of tools; EQ; Strengths Application; Trust/Influencing methods; SMART; Business Engagement application; Develop self management program and next steps		

SMART stands for **S**pecific, **M**easurable, **A**ttainable, **R**ealistic, and **T**ime specific.

Support materials: A range of support materials related to each module is offered to participants.