



# DFP Professional Forum - Adelaide

## EFFECTIVE WORKPLACE COACHING: THE KEY TO A STRONGER TEAM

Research increasingly shows that being an effective leader means being an effective coach (Frontiers in Psychology, 2020). Workplace coaching is emerging as a critical and fundamental skill for leaders. It can be a highly effective tool for supporting high performance, motivating team members, and supporting their growth and development.

This session will give leaders practical tools to help coach effectively in the workplace, exploring what coaching is and why it matters, and how to create the right foundations. The session will explore the essential skills for coaching, with time to practice.

The session will cover:

- What is coaching?
- Why is coaching a critical skill for leaders?
- Creating the right foundations for coaching – mindset, self-awareness, being a role model
- Essential skills for effective coaching
- Time to practice
- Time to reflect on your own leadership style

You will have the opportunity to explore a range of practical strategies you can implement immediately.

### SESSION DETAILS

**Date:**

Thursday 16 May 2024

**Location:**

Mayfair Hotel  
45 King William St, Adelaide

**Session Time:**

8:30am arrival for 9:00am start.  
Session will conclude at 11:45am.

**Attendance at the Forum is complimentary and will include full breakfast.**

**Please RSVP to:**

Tom Hatch on 03 8632 9952 or  
email [thatch@dfp.com.au](mailto:thatch@dfp.com.au)  
by Friday 10 May 2024



### The Facilitator - Lisa Mayocchi, Principal Consultant – Yes Psychology

Lisa is a Wellbeing and Leadership specialist with more than 20 years of experience throughout Australia and the UK. Lisa is passionate about creating the right culture for sustained high performance. Trained as a psychologist and with a Doctorate in Organisational Psychology, Lisa brings a calm, confident energy to her consulting, facilitation and training, helping leaders to bring out the best in their team.