

Professional Development Training

Coaching

Coaching picks up where training leaves off. It can accomplish much more on a personal level than formal classroom training. It provides that extra dimension to an individual's personal and professional life. Structured, serious coaching gives you a competitive edge.

Coaching is a one-on-one developmental process for executives, managers and key employees. Our coaches develop the way you: think, make decisions, work, communicate and relate to others. Which will help you perform your job more skillfully and sustain peak performance levels.

PDG uses a four step coaching process of:

1. Assessing your needs, style and performance
2. Setting action goals, objectives and key results
3. Developing strategies, skills, decisions and solutions
4. Reinforcing your progress

Whether we are helping develop your skills, find solutions, or sharpen your work strategies, PDG will find a way to improve and expand your job performance.

Core Coaching Values

We believe that...

- **A coach should be an experienced and credentialed change expert.**
Coaching works if the coach is a skilled catalyst for change. This means that the coach needs to be well schooled in four areas: psychology, counseling, job performance and organizational behavior.
- **People can change, improve and grow.**
We believe that few of us have come close to tapping our true potential in the workplace, that we can all benefit from **Coaching** and that we are capable of greater achievements and that we each possess the potential to improve.
- **People and organizations have limitations.**
We won't tell you "if you try hard enough, you will." Realistically each of us has certain limitations. We think that the real question in **Coaching** is how to reach and maximize our capabilities. Not to just have a good attitude.
- **Coaching works best when it is reinforced.**
If we can measure the skills or behaviors you want to improve, we can help you get there. We know the importance of measuring and reinforcing change over a period of time.

The Challenge

Do you have a clear understanding of your strengths and weaknesses?

Are you maximizing your capabilities?

Do you have the skills necessary for peak performance.

PDG is a leader in improving job performance. Our team of expert coaches will help you develop leadership, teamwork and interpersonal competencies.

We also have specialists in sales, customer service and project management who are ready to help you in these specialized areas.

Training and Consulting Services Available:

Adaptive Index™
Adaptive Leadership™
Adaptive Selling®
Beyond Gold™ Customer Service
Better Together™ Team Effectiveness
Change Management
CLEAR Communications™
Conflict Management
Enhancing Client Relationships
Executive Coaching
Interviewing & Selection
Job FIT™
Leading Virtual Teams
Negotiation Skills
Performance Development Survey (360°)
Project Leadership
Project Management Tools & Techniques
Work Climate Inventory

pdg PROFESSIONAL DEVELOPMENT GROUP
We Drive Performance