

***“Coaching for Peak  
Performance”***

Meta Pte. Ltd.

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## FOCUS

This program prepares coaches to perform at a greater level of proficiency through the introduction of unique coaching methods, increasing communicating skills, building rapport with coachees, and boosting coaching competency.

## OUTCOMES

Participants will be able to:

- Gain practical coaching skills to encourage teachers toward peak performance.
- Identify and handle difficult coaching moments.
- Guide and coach newer teachers systematically and more intentionally through an established coaching framework.
- Develop a coaching mindset and attitude to create a spontaneous self-learning organization.
- Coach teachers to model coaching by asking probing questions, receiving feedback, and giving affirmation.
- Build relationships with teachers to establish greater coaching moments.

## DISTINCTIVE FEATURES

- **Relevance to MOE's EPMS**  
The program will incorporate specific competency elements from MOE's EPMS.
- **Coaches' Peer Forum**  
A peer forum for coaches will be held three to four months following the program. This allows the participants to share and learn from each other's best practices and motivates coaches to sustain the ideas learned from the program.
- **Apply learning using MOE Case Studies**  
Specific MOE case studies will be used to help participants manage real and identifiable issues.
- **Acquiring Skills from Realistic Role Play**  
The use of role-play scenarios modeled after real life situations, allow the participants to put into practice immediately the skills they are learning.
- **Integrative and experiential learning through fun and insightful activities**  
Participants will enjoy the process of learning and applying what they have gained in the workshop to daily work context. A debrief session after each experiential activity transposes learning into personal and organizational actions.

## PROGRAM OUTLINES

- Session 1: The Power of Coaching
- Session 2: The Power of Relationship
- Session 3: The Power of Excellence
- Session 4: The Power of Affirmation
- Session 5: The Power of Feedback

Session 6: The Power of Adaptability  
Session 7: The Power of Recovery  
Session 8: The Power of Possibility

### **NUMBER OF PARTICIPANTS PER WORKSHOP**

20-25 for optimal interaction

### **SOME QUOTES FROM PREVIOUS PARTICIPANTS:**

*"Thank you for the past 2 fun meaningful days."*

*"The video clips used were very effective in putting across the ideas. There was a good balance of lecture and hands on making the course very engaging."*

*"I enjoyed the interaction, the discussion and choice of videos."*

*"Thank you for providing us an opportunity to learn new skills in coaching."*

*"Thank you for conducting the workshop. My time was certainly well spent learning how to be a great coach."*