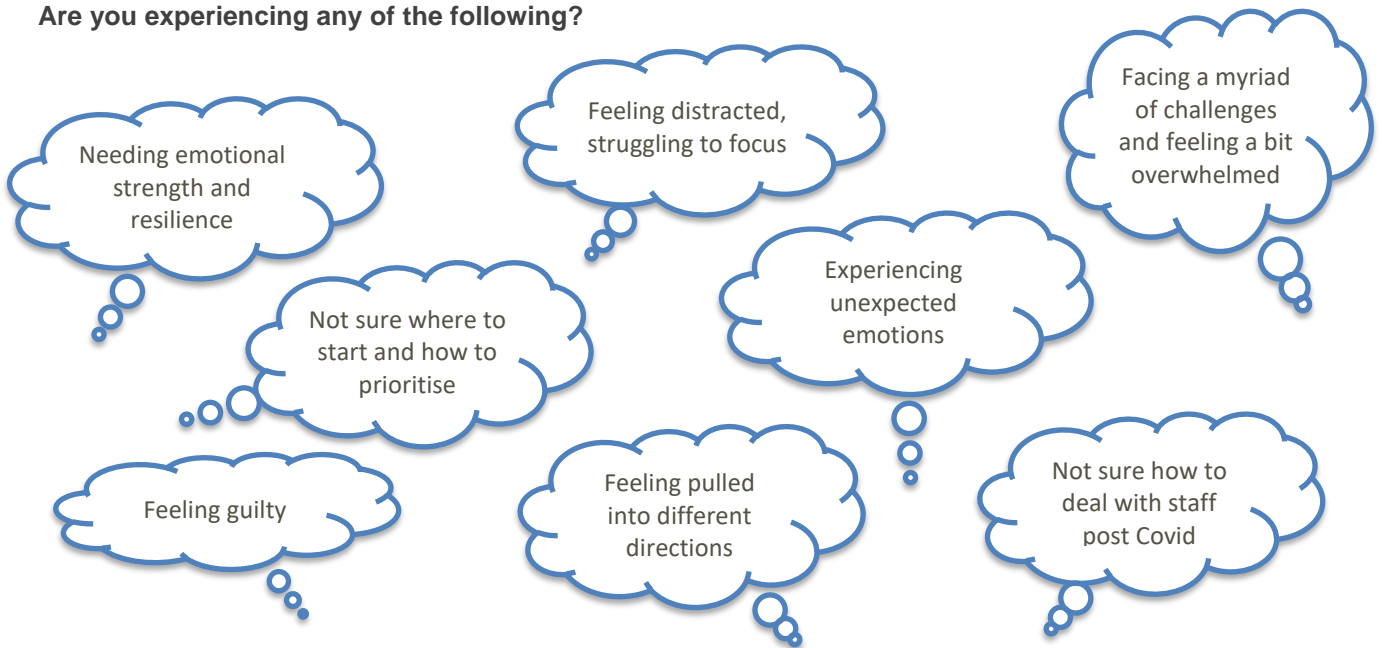


Coaching 'Lite' during challenging circumstances

Are you experiencing any of the following?



You may benefit from Coaching 'Lite'!

What is coaching?

Coaching is an agreed partnership between a Coach and line manager (Coachee), where the Coach creates a safe, confidential space for the Coachee to freely discuss their views and experiences without judgement. The Coach plays an objective role and assists the Coachee to better understand and respond to their particular context and/or challenges.

What is coaching 'lite'?

Coaching 'lite' is based on the principles of coaching, but in a shorter and simpler format. It's a once-off 20-30 minute coaching conversation. The purpose is to create an opportunity for the Coachee to create perspective, talk about where they are at, and be productive with new insights.

Who is the target group?

Coaching 'lite' is intended to support Corporate Office Line Managers, Unit Managers and Heads of Departments at hospital-level who are facing post-Covid challenges and would benefit from additional support.

How will it work?

Coaches available for this initiative have indicated their availability to offer this support. You will also have access to the Coach's profile (background information and who they are as a Coach) to inform their selection.

Coaches who do not stand in a decision-making/authority relationship towards the line manager may be accessed for this service. I.e. Coaches can provide support to managers outside their function, or outside their region (where applicable).

No reporting on the content and/or outcome of the conversation between the Coach and line manager will be shared by the Coach to a third party.

To set up the 20-30 minute discussion, or for further queries, you are welcome to contact Nicolette Smuts (Senior Organisational Effectiveness Specialist) at Corporate Office – nicolette.smuts@mediclinic.co.za