

Grow your career.
Level up for the future.

Guided Self-Coaching for New Supervisors and Managers

Learn how to “get out of your own way” and become
your very own go-to person!



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6 online modules over 6 weeks



Book this program [online](#)



Guided Self-Coaching for New Supervisors and Managers

Guided self-coaching is a quick and effective way of moving forward to embrace opportunity by overcoming personal challenges and maximizing your professional potential. Guided self-coaching involves using your life experience to help you find out things about yourself on your own, through self-awareness and reflection. It helps you identify and overcome the issues that may be influencing your effectiveness at work and clears the way to success through increased confidence, self-esteem, creativity and problem-solving skills.

Bonus: Receive a free copy of instructor Diana Kawarsky's new eBook, *The Soft Cs*!

As a part of this program, you will receive a copy of instructor Diana Kawarsky's new eBook, *The Soft Cs*. This book is full of examples, strategies and insights that support your learning and offer you real-life perspectives to take back with you on-the-job.



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Program Highlight



6 Virtual Classroom Sessions

Rich learnings in just 6 days of study



Online

Entirely Virtual



Interactive

Hands-on and participatory

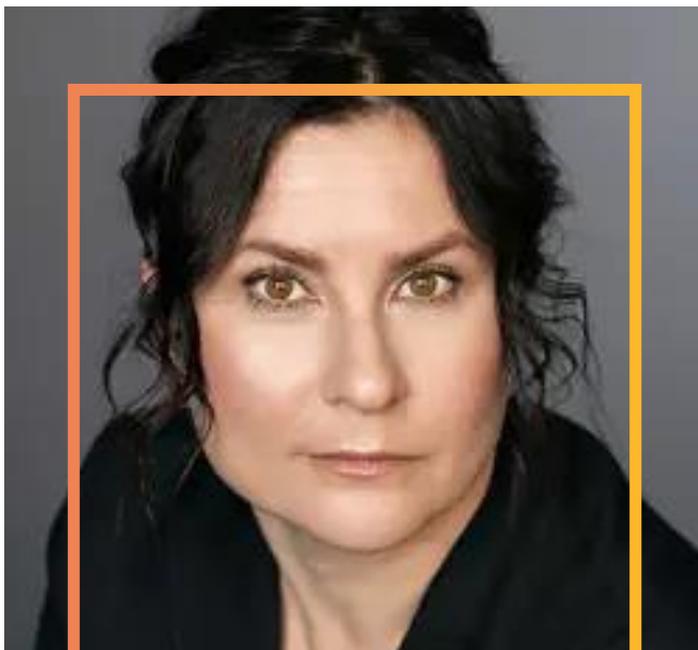


Digital Badge

Receive an authentic digital badge from Canada's #1 business school



Program Faculty



Diana Kawarsky

MA, CCP

Diana Kawarsky has been on the Faculty at Schulich ExecEd since 2006 and is among the top 3% of teaching faculty student rankings. Her experience has breadth from working with a variety of professionals – from new hires to seasoned executives, totaling more than 20,000 learners to date.

Diana is a Certified Coaching Professional (CCP) working one-on-one, in-person and remotely, building individual success skills. She also holds an MA in Interdisciplinary Studies. She is the author of two well-reviewed books: Skills Volume 1, and The Soft Cs.

In 2021 Diana attained the rank of #26 in Global Gurus' "Top 30" in the Communication category. Top 30 Gurus, in their respective categories are the "Cream of the Crop", the World's Top 30 most influential Professionals Speakers, Trainers and/or Consultants in their areas.

Program Content



Guided Self-Coaching for New Supervisors & Managers

- Document your skills through modern workplace self and other coaching techniques
- Evaluate and apply your emotional intelligence to your guided self-coaching success
- Develop productive and self-reliant decision-making and problem-solving skills
- Review/update your Guided Self-coaching DRIVE Accelerator Worksheet

Introductory Week

- Guided self-coaching overview & process orientation
- Coachability Index – self assessment
- Introduction to program administration and overall learning environment
- E-meet and individual one-on-one exchange with your instructor, Diana Kawarsky

Program Content



Define your Coaching Focus

- DRIVE Overview – Guided Self-coaching DRIVE Accelerator Worksheet
- Tips on how to succeed in your guided self-coaching practice
- Spheres of influence and your skill versus will ratio
- The state of your personal brand

Review/Refine your Goals and Gaps

- Develop a better understanding of yourself; self-talk skills practice
- Learn and practice effective questioning skills with yourself and others
- Reduce stress and understand the nature of change: ABC Model
- Review/update your Guided Self-coaching DRIVE Accelerator Worksheet

Program Content



Identify Options and Routes to Success

- Understand the choices, controls, and influences you have over the guided self-coaching process: review of worksheet
- Learn what to do when you struggle to listen to others: active listening
- Define and refine your values system as it impacts your self-coaching and goal achievement
- Use a SWOT: build your power and overall credibility

Verify Action Plans and choices

- Desired future state assessment and alternatives: Force Field Analysis Tool
- Review 6 Rules of Influence and Persuasion
- Problem identification and solving techniques
- Develop your understanding of resiliency and how to apply it

Program Content



Evaluate your Progress and Success

- Document your skills through modern workplace self and other coaching techniques
- Evaluate and apply your emotional intelligence to your guided self-coaching success
- Develop productive and self-reliant decision-making and problem-solving skills
- Review/update your Guided Self-coaching DRIVE Accelerator Worksheet

Who Will Benefit



Aspiring Leaders

Those preparing for, or new to, leadership positions will discover and develop their full potential for on-the-job success in any industry and future role.



Mid-Career Leaders

Managers and mid-career leaders interested in proactively solving their own leadership barriers to become a better version of themselves.

Completion Benefits



Foundational

Signifies that you've gained information and insight into new skills.

After completing Guided Self-Coaching for New Supervisors and Managers, you'll receive an authentic digital badge from the #1 business school in Canada that employers will recognize.

As more and more companies look for candidates with specific skills, this badge on your CV will be a credible assurance of your achievements and expertise, allowing the right roles to find you faster.



21 HRP-CPD Hours. This program has been approved for CDP hours under Section A of the Continuing Professional Development (CPD) Log of the Human Resource Professionals Association (HRPA). Be sure to note the program ID number on your CPD log. For more information about certification or continuing professional development, visit the HRP website at www.hrpa.ca/hrdesignations_/Pages/Continuing-Professional-Development.aspx

Why a Certificate at Schulich ExecEd?

There will no longer be a single transition from graduation to work in one's life.

Because few of us have the same job for life, we constantly have to re-invent ourselves, learn new skills and adapt to the changing marketplace and business environment. Today's professionals and executives must be able to quickly develop and fine-tune personal business skills to adapt and grow.

We are #1 Business School in the country

We have the privilege of being ranked #1 and teaching top students from around the world.

Our Program is Unique

Distinction from growing competition in the job market.

We Provide a Combination of Skill Specialization & Range

Deepen your current skills and acquire new ones.



About Schulich ExecEd

At Schulich ExecEd, the professional development arm of the world class Schulich School of Business, all our programs are non-degree, mid-career acclaimed qualification that employers recognize and that you can add to your CV.

We provide:

- Short programs building an individual business skill have industry recognized credentials for that skill
- Certificate programs build a wider skill set with a number of key skills
- Masters Certificates are an intense dive into Leadership, Management or specific Business skillsets. This is our highest mid-career professional development business school certification

Key Stats:

- Ranked #1 business school in Canada
- Ranked #12 in global MBA ranking
- Educated over 80,000 professionals across the world.
- Delivered over 4,000 programs virtually and in-person
- 96% of our graduates used knowledge or skills from the program on the job
- 87% of our graduates reported improved job performance
- Worked with over 500 companies worldwide

Over 450 leading faculty in areas of management, leadership, communications, finance, marketing, business development and strategy





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