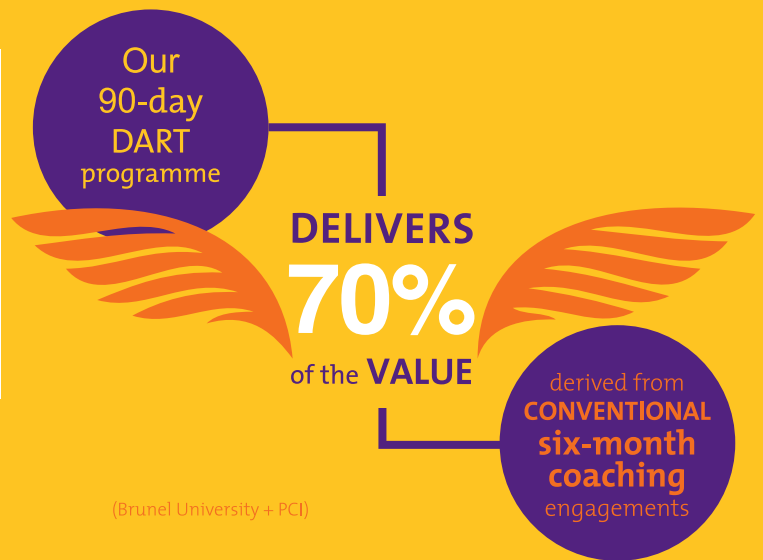
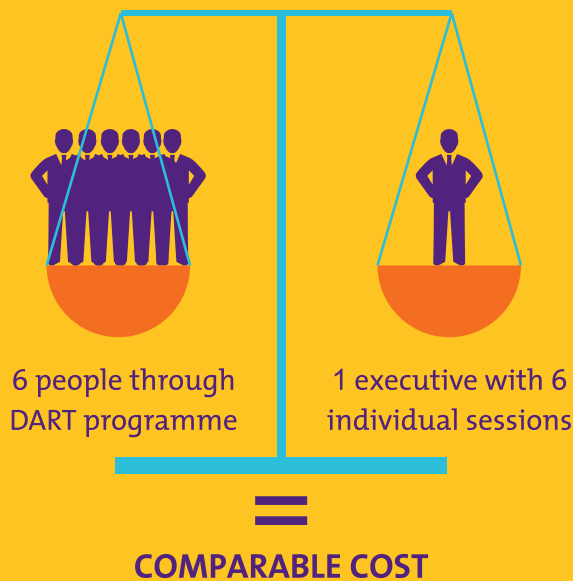


# Performance Coaching International

## ←←← DART COACHING

You know, like we do, that coaching is a lifeline for the development of individual potential. It provides the time and space that help propel people and their performance forward.

DART makes coaching cost-effective for even larger numbers of middle managers and frontline supervisors, ensuring that rising stars have the best opportunity to shine their brightest.

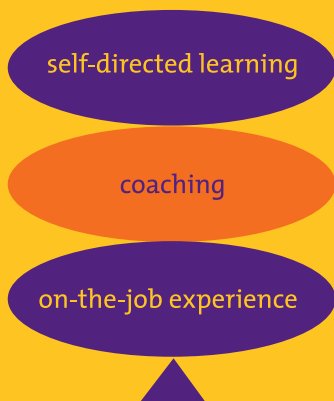


DART is a flexible 90-day programme that mixes coaching, mentoring and self-directed learning to deliver behavioural change fast. We help candidates to Detect key issues, to Analyse root causes, to Re-focus and energise, so ultimately they can Transform their performance back at work.

DART is standardised for efficiency yet personalised for impact. We see up to six coachees at every visit. Individuals on the programme undergo exactly the same process but they receive tailored learning and support, specific to their developmental needs.

## DART

IS A **perfect balance** OF



## DART Learning Areas



Strategy & planning including priority management



Persuading & influencing teams and key stakeholders



Adopting a growth mindset to build resilience

Here's a look at a typical programme structure, showing all the key process steps and timings:

## PRE-PROGRAMME

Diagnostic with Line Managers and Coachees



Detect key issues

## DAY 1: 1-HR COACHING SESSION

Analysis of root causes



Strategies, skills and behaviours for success

## DAY 2: FOLLOW-UP

Personalised plan of actions



Clear accountability

## DAYS 3-29: REMOTE SUPPORT\*

Curated articles, tools, tips and action reminders



Impetus to experiment and learn

## DAYS 30 & 60: 1-HR COACHING SESSIONS

Refocus with review and recognition



Embedded learning and extended goals

## DAYS 31-90: REMOTE SUPPORT\*

Further relevant articles, tools, tips and action reminders



Growing confidence as a self-directed learner

**DART is a brilliant way to expose hidden potential in your talent pool.**

\* Coachees may access unlimited email support and 30 mins phone support during each phase of remote support

## I want it! What now?

If so, let's start with a conversation, potentially a courageous one, but definitely one to set your team, your organisation and your leaders on a path to learning and more sustainable high performance.



### Contact us today:

+44 (0)1708 510345

[info@performancecoachinginternational.com](mailto:info@performancecoachinginternational.com)