

Being a F4BG Coach: Upgrading My Skills



My Personal Development

Coach:

Anne-Marie Daly BSc CMgr

"I used to go to the gym regularly, but today I am so busy I often start work early or finish late. Finding the time and the motivation to go to the gym was getting harder and harder"

Anne-Marie Daly: Performance Coach and Moderation Manager

Summary

Offering something different and relevant to the needs of busy and often over-worked managers and businesses owners.

Challenges

Most of the clients with whom I work share one common problem – a lack of time. This often results in them working long hours and suffering from over-work, stress, making unnecessary mistakes and often making poor decisions.

As a coach, I have lots of tools that I use, but none included an assessment tool covering both performance and important areas like staff health, and safety and wellbeing.



The F4BG Assessment

The F4BG assessment tool enable clients to pinpoint key areas for development - sometimes there will be just one or two areas and other times many. The coach's role is to help clients to focus on the areas where the most value can be added.

The Solutions

With some clients, the solution will involve consulting with other staff members and agreeing plans. With other clients, it might involve the need to make structural or procedural changes and other occasions it might involve some personal skills training and development for the client.

Results and Future Plans

The simplicity of F4BG enables coaches to quickly pinpoint problems, issues and solutions. Going forward, my plans are to develop an interactive F4BG e-learning module supported by an on-line performance coaching service.

Fit4BusinessGrowth is a project funded by the Erasmus+ programme.

The project aims to help small and medium enterprises to improve performance and productivity using High Performance Work Practices, Wellness Practices and Business Growth Coaching.



Photo: Anne-Marie preparing for an on-line coaching session

"If you are a business coach or even a Human Resource manager in a larger organisation, I would recommend you look at how F4BG can help you and the people with whom you work".

Anne-Marie Daly, Performance Coach



Fit4BusinessGrowth
Leading By Example



Erasmus+

For further information visit:

www.fit4businessgrowth.eu

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