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## What is the Professional Workplace Interaction Coaching Program™?

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This is a structured coaching program designed to help employers provide healthy and productive workplaces free of harassment and bullying where employees have developed the skills and knowledge to be able to address issues effectively when they arise.

Participants in this program may self-refer or may be referred by their manager, HR, EAP or Union.

Our role is to engage the participant(s) in discovering the benefit of making better choices, changing behaviour and learning to work more effectively with their team. Each coaching program is customized the needs and issues of the individual involved. The focus is on helping people distinguish where their default behaviour patterns may be working – and where they may create conflicts and problems... and then find more appropriate and healthier approaches and strategies.

This program is not focused on changing personalities but rather on increasing awareness, knowledge and understanding to build engagement for making healthier choices.

Coaching sessions will include individual exercises, case studies, improvised (but realistic) scenarios, one on one training and challenging the participant to broaden their perspective on the situation and their role within it.

All coaches for this program have a minimum of 20 years' experience in the workplace conflict management field.

## Need more information – contact us at 613.298.8105 or <u>info@canmediate.com</u> to discuss what you need to address.