

Coaching at Work Annual Conference

Excellence in organisational coaching & mentoring:

Empowering, engaging & inspiring people at work

3rd July 2019, London

Coaching
at Work

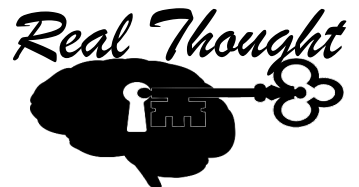
Coaching at Work Annual Conference
3rd July 2019
Holiday Inn Bloomsbury, London

Please note all material in this presentation is copyrighted to the presenter

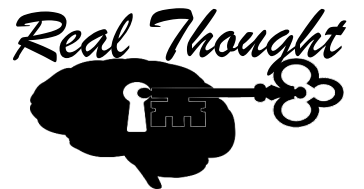
www.coaching-at-work.com

Keith Antoine
Performance Coach

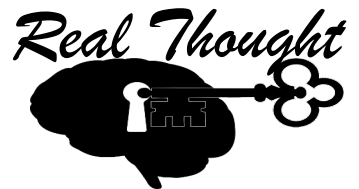
Performance Conversations



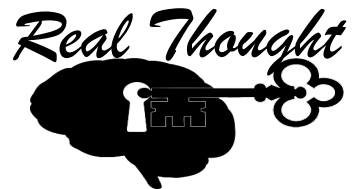
The initial conversation



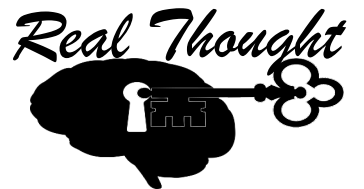
Fundamentals of a performance environment



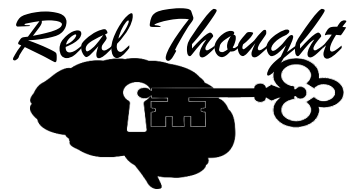
Goals & Performance Review



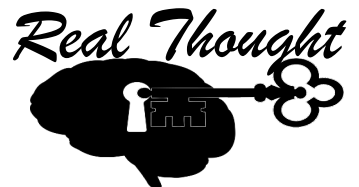
Goals & Performance Review



Working hard is not enough



Underpinning empowerment,
engagement & inspiration

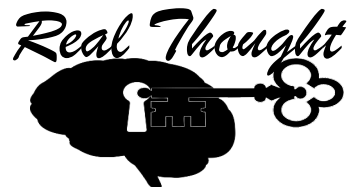


Motivation

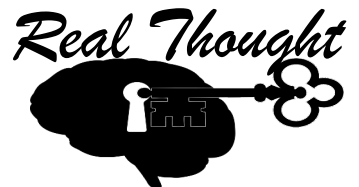
Clarity

Meaning

Belief



Underpinning empowerment,
engagement & inspiration



File Home Insert Page Layout Formulas Data Review View Help Search

Clipboard Font Alignment Number Styles Cells Editing Ideas

Tahoma 9 A^ A^

B I U Merge & Center

General

Conditional Formatting Format as Table Cell Styles

Insert Delete Format

AutoSum Fill Clear Sort & Filter Find & Select

G2238

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W
2060			180	180	180										Total metres	540							
2061			21.2	21.0	21.5										Average pace	11.80							
2062		Mon 7th	50/60, 70/80, 50/60, 70/80 with 10, 12 and 10 minutes between sets.																				
2063		Stellenbosch	27C, +1m/s. Bike. Runs on bend using timing gates for last 40m. 4.77, 4.47, 4.35, 4.24, 4.82, 4.54, 4.37, 4.34.																				
2064			50	60	70	80	50	60	70	80					Total metres	520							
2065			7.25	8.20	9.26	10.31	6.79	8.00	9.04	10.25					Average pace	13.29							
2066		Wed 9th	80, 100, 120, 150 with 10 minutes between runs.																				
2067		Stellenbosch	26C, -0.5m/s. Bike. 120 warm up, 14.8s into a -2m/s. All runs inside target. Averages 80=12.50s, 120=11.83, 150=11.47.																				
2068			80	100	120	150									Total metres	450							
2069			10.0	12.2	14.2	17.2									Average pace	11.91							
2070		Thu 10th	2 sets of 500m diff with 20 minutes between diffs.																				
2071		Stellenbosch	25C, +1m/s. Bike. Endurance session. Pace higher than expected. 120 warm up, 16.7s.																				
2072			300	200	300	200									Total metres	1000							
2073			39.8	25.3	39.6	25.6									Average pace	13.03							
2074		Sat 12th	4 x 150 with 10 - 12 minutes between runs.																				
2075		Stellenbosch	25C, +1m/s but felt h/w. Bike. KA slow on 1, adjusted. Felt 17.2 pace & effort. Check fatigue on Monday . 120 warm up, 14.6s.																				
2076			150	150	150	150									Total metres	600							
2077			17.6	17.7	17.8	17.7									Average pace	11.80							
2078		Mon 14th	3 x 180 with 15 minutes between runs																				
2079		Stellenbosch	27C, -1 --> +1m/s. Bike. Wind turned on run 3. Avg for 1st 2 runs. Overall avg, 11.80s. Warm up 120, 14.1s.																				
2080			180	180	180										Total metres	540							
2081			20.9	21.1	21.7										Average pace	11.67							
2082		Wed 16th	5 x 80 with 8 - 10 minutes between runs.																				
2083		Stellenbosch	30C, +0.5m/s. Bike. Warm up 80, 10.3s. Wind turned on last 2 runs. Last 30m splits 3.23/3.15/3.22/3.19/3.27																				
2084			80	80	80	80	80								Total metres	400							
2085			10.5	10.1	10.1	10.3	10.3								Average pace	12.83							

Targets Rich Marlou Marlou S&C Marlou all Marcel Rich splits 100m splits

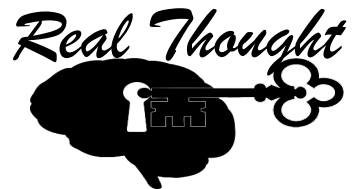
File Home Insert Page Layout Formulas Data Review View Help Search

Clipboard Font Alignment Number Styles Cells Editing Ideas

Calibri 11 A A B I U Merge & Center General Conditional Formatting Cell Styles Insert Delete Format AutoSum Fill Clear Sort & Filter Find & Select Ideas

	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	AA	AB	AC	AD	AE	AF	AG	AH	AI	AJ	AK	AL	A
6			12.2	12.3	12.8			13.7	12.8	12.5	12.8			13.7	12.5	12.1	12.3										
7			12.38	12.33	13.53				12.67					13.67	11.92	12.11	12.00										
8		February - April 2016						Alicante 2016						May - June 2016						July - August 2016							
9	250	60	120	150	180	220	250	60	120	150	180	220	250	80	120	150	180	220	250	80	120	150	180	220	250		
10	12.6	13.7	12.1	12.0	12.1	12.2	12.4	13.5	11.9	11.8	11.9	12.0	12.2	13.0	12.1	12.0	11.9	12.0	12.2	12.8	12.0	11.9	11.8	11.9	12.1		
11	11.86	13.67	11.75	11.77	11.65	12.00	11.85			11.42	11.43		11.70	12.93	11.83	11.90	11.70			12.47	11.71	11.37	11.53	11.81			
12													12.0	12.6	11.8	11.7	11.6	11.4	11.6	12.4	11.6	11.5	11.4	11.5	11.7		
13													22.8	12.93	11.83	11.90	11.70			12.47	11.71	11.37	11.53	11.81			
14																											
15		February - March 2017						April 2017						Alicante 2017						May - July 2017							
16	250	80	120	150	180	220	250	80	120	150	180	220	250	80	120	150	180	220	250	80	120	150	180	220	250		
17	12.0	12.9	12.1	12.0	11.9	12.0	12.2	12.7	11.9	11.8	11.7	11.8	12.0	12.4	11.6	11.5	11.4	11.5	11.7	12.4	11.6	11.5	11.4	11.5	11.7		
18		12.31	11.91	11.75	11.48	11.86	12.88	13.09	12.19	11.63	11.50		12.46	12.38	11.31	11.27	11.20	11.36		12.50	11.58	11.53	11.47				
19		February - March 2017						April 2017						Alicante 2017						May - July 2017							
20	220	60	80	120	150	180	220	60	80	120	150	180	220	60	80	120	150	180	220	60	80	120	150	180	220		
21	13.2	13.7	13.1	12.7	12.8	12.9	13.2	13.5	13.0	12.5	12.6	12.7	13.0	13.3	12.8	12.4	12.5	12.6	12.9	13.2	12.7	12.2	12.3	12.4	12.7		
22		13.50	13.56	12.67	12.60	13.05								13.33	13.22	12.92	13.10			13.25	12.38	12.67					
23																											
24																											
25																											
26																											

The challenge of being good

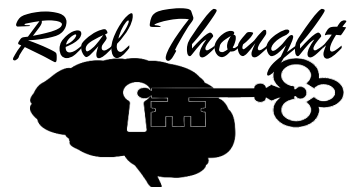


How good could you be?

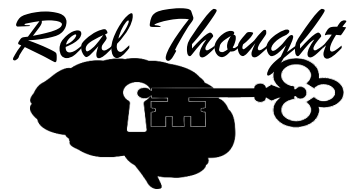
If it ain't broke, don't fix it!



Right is only right, until a better right comes along.



The challenge of being good



What questions do you have?

