



*Training Course:
Executive Coaching*

*23 - 27 November 2026
Cape Town (South Africa)
DoubleTree by Hilton Cape Town - Upper Eastside*

Training Course: Executive Coaching

Training Course code: LS234968 From: 23 - 27 November 2026 Venue: Cape Town (South Africa) - DoubleTree by Hilton Cape Town - Upper Eastside Training Course Fees: 6350 € Euro

Introduction

Executive coaching is a powerful process designed to help executives sharpen their skills, increase productivity, and enhance their overall performance. In today's competitive business environment, leaders must be adaptable, proactive, and equipped with the tools to achieve sustainable success. This program is specifically designed to provide executives with the techniques, insights, and strategies they need to thrive in their roles, manage complex challenges, and lead their teams with confidence.

Objectives

By the end of this program, participants will be able to:

- Understand the concept of executive coaching and its key benefits
- Identify areas for improvement in their leadership and executive performance
- Develop personalized plans to enhance leadership, communication, and management skills
- Implement actionable strategies to achieve goals and objectives
- Recognize and overcome obstacles to success and career growth

Target Audience

This program is designed for:

- C-suite Executives and Senior Managers
- Team Leaders and Mid-Level Executives
- Professionals seeking to enhance leadership skills and improve performance
- Leaders interested in achieving their professional goals through strategic coaching
- Individuals looking to develop their communication and management capabilities

Program Outline

Day 1: Introduction to Executive Coaching

- What is Executive Coaching?
 - Overview and purpose of executive coaching
 - Differences between coaching and mentoring
- Benefits of Executive Coaching
 - How coaching supports professional and personal growth

- Coaching vs. Mentoring
 - Understanding the distinct roles and approaches

Day 2: Self-Assessment and Goal Setting

- Identifying Personal and Professional Goals
 - Defining clear goals for leadership development
- Assessing Strengths and Weaknesses
 - Conducting a self-assessment for leadership skills
- Developing a Plan for Improvement
 - Setting realistic goals and creating an actionable development plan

Day 3: Leadership and Communication Skills

- Effective Communication
 - Key communication strategies for executives
 - Building influence through communication
- Building and Leading Teams
 - Fostering teamwork and collaboration among diverse teams
- Managing Conflict and Difficult Conversations
 - Techniques for navigating challenging discussions

Day 4: Overcoming Obstacles and Achieving Success

- Identifying and Overcoming Obstacles to Success
 - Recognizing internal and external barriers to leadership performance
- Strategies for Achieving Personal and Professional Goals
 - Actionable steps for sustaining leadership growth
- Maintaining Momentum and Staying Motivated
 - Developing resilience and a growth mindset

Day 5: Coaching Practice and Feedback

- Practice Coaching Sessions
 - Role-playing coaching scenarios for hands-on experience
- Feedback and Review
 - Constructive feedback on coaching techniques
- Next Steps and Action Planning
 - Creating personalized action plans for ongoing development

Registration form on the Training Course: Executive Coaching

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Complete & Mail or fax to Global Horizon Training Center (GHTC) at the address given below

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