

Workshops

Drawing from hundreds of hours of experience with leaders across various industries, I have designed workshops that address the most critical challenges organizations face in achieving high performance. My workshops are concise, impactful, and interactive, incorporating presentations, case studies, group discussions, and practical exercises. Participants leave equipped with tools and techniques. A 45-minute group coaching session is offered one month post-workshop to support progress on action plans.

Building a Coaching Mindset Workshop

Overview: Leaders employ various styles to maximize organizational and individual performance, including visionary, affiliative, democratic, pacesetter, and coaching styles. The coaching style is a powerful yet often underdeveloped leadership skill.

Objectives:

- Introduce coaching and its relevance to leadership and collaboration.
- Provide training on core coaching skills and their application.
- Develop personalized coaching goals and strategies.

Outline:

- Introduction to Coaching
- Understanding the Coaching Mindset
- Tools and Techniques
- Developing a Coaching Mindset
- Building an Action Plan and Next Steps

Building Trust Workshop

Overview: In today's competitive business landscape, trust is essential for organizational success. Executive leaders are pivotal in fostering a culture of trust. This workshop equips executives with the knowledge and strategies to enhance trust within their teams and the broader organization.

Outline:

- Understanding the Importance of Trust
- Assessing Current Trust Levels
- Trust-Building Behaviors
- Leading with Empathy and Authenticity
- Measuring and Monitoring Trust
- Developing an Action Plan

Increasing Accountability Workshop

Overview: Accountability is crucial for organizational success, and executive leaders are key in cultivating a culture of accountability. This workshop empowers executives with the strategies to enhance accountability, drive performance, and achieve results.

Outline:

- Understanding the Importance of Accountability
- Defining Accountability Expectations
- Fostering a Culture of Ownership
- Creating Clear Communications
- Setting SMART Goals
- Implementing Accountability Mechanisms
- Building an Action Plan

Strategic Planning, Vision/Values, Custom Workshops

With extensive experience in strategic planning for Fortune 100 companies and the University of Notre Dame, my process emphasizes inclusive facilitation with a consumer-centric approach. Ensuring alignment on core values, a compelling vision, and a clear strategic plan is crucial. Custom workshops can be tailored to focus on coaching, key behaviors, and strategy to meet your specific needs.

Why Choose Rooney Coaching?

- Avoid common workshop pitfalls with our informed facilitation.
- Inclusive workshops designed for leadership and business performance impact.
- Engaging, short sessions that are also enjoyable.


Pricing:


- Coaching Mindset, Building Trust, and Increasing Accountability Workshops: \$2,500 each.
 - 3-hour workshops with follow-up 45-minute group coaching session
- Strategic Planning and Custom Workshops: Pricing varies based on design.

About Rooney Coaching

With over 20 years of experience in leading workshops and teams at top organizations like The University of Notre Dame, Chevron, and Georgia Pacific, I bring profound expertise to your team. As an ICF and Co-Active certified coach, I am committed to transforming leadership skills and collaboration through effective workshops and coaching. Let's work together to elevate your leadership and team dynamics.

Rooney Coaching 

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