

Coaching conversations



On-demand digital workouts to coach leaders through common challenges.

The library of ready-to-go digital workouts mix and match to the needs and challenges that leaders are facing in the moment. Each 15 minute workout uses the conversational interface in the platform to step a leader through the Adeption B3 methodology — just like a ‘real life’ coach would. Each conversation prompts reflection, provides tools and insights from others who have faced similar challenges, and helps people to take action on the job.

B3 in practice, “How do I recalibrate in the moment?” coaching conversation example prompts.

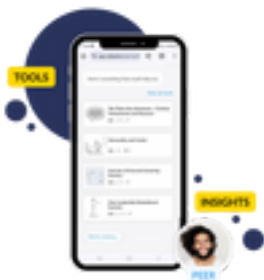
Be conscious.

- Understand yourself and your trigger points.
- Connect to your body and recognize stress patterns.
- Identify your feel good moments.



Be curious

- Explore centering frameworks and tools.
- What’s worked for others to recalibrate in the moment?
- Practice.



Be better

- What do you plan to do next time you’re under pressure?
- Set your reminders.
- Come back when you feel you’ve practiced enough and reflect on how you have gone.



At a Glance



AUDIENCE

Organizations who need to deliver topical, quick development for time-poor leaders and individuals who need on demand support



COMMITMENT

Access to a digital ‘coach in your pocket’ with a suite of 15–20 minute workouts

SUCCINCT, FOCUSED AND USABLE DEVELOPMENT

On average, we only have 24 minutes for any type of ‘formal learning’ in our working week. Time-constrained and busy, our learning and growth can sometimes take a back seat to the commitments of our everyday lives.

- **94% of L&D professionals prefer short and sharp learning** to traditional time-consuming courses, because their learners prefer it (Boyetette 2012).
- **54% better engagement.** From a survey of leaders, more than half indicated they would use their company’s learning tools more if the courses were shorter.
- **80% better focus and retention.** Research shows bite-sized learning is easily accessible and more focused, meaning that leaders use this learning as and when needed.

Some of our popular coaching conversations.

Access to coaching conversations are included in all Adeption 1-1 coaching programs. They can be added to a customized [leadership development experience](#). Participants retain access to a platform that they are familiar with, and access 'point of need' support for common leadership challenges that they will almost certainly face post-program.



"How do I set my team direction for success?"

Set a purpose, values, and vision statement to guide and align your team.

"How do I give effective feedback?"

Practice with best practices and guidance to improve behavior and enhance results.

"Work is stressing me out"

Discover simple and high impact strategies to reduce stress in work and life.

"I'd rather not have this conversation"

Tackle that upcoming difficult conversation by going through this powerful process.

"My team needs motivation"

Uncover how to take your team to the next level.

"How do I get breakthrough ideas?"

Take your creative confidence to new heights and generate innovative ideas.

"How do I run a kick ass meeting?"

Audit and elevate your meetings to make the most of team time.

"Help me make this tough decision"

Get fresh perspective on the difficult decision you're facing.

"How do I recalibrate in the moment?"

Learn how to manage stress by connecting with your body and centering with a plan.



Interested in Coaching conversations for your organization?
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