

ADFA Leadership Coaching Tutorial Series Introduction

Transcript

Appearing

In order of appearance:

1. MAJ David Stephens

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Transcript details

00:00:00:00 - 00:00:28:06

MAJ David Stephens

Welcome to this coaching tutorial series. My name is David Stephens. I'm the lead facilitator for both the coaching and mentoring programs here at the Australian Defense Force Academy, which is managed through the Character, Leadership and Ethics team. Now for those of you who are part of the program, as you know as leadership coaches, you will already have received some level of training.

00:00:28:11 - 00:00:51:04

MAJ David Stephens

Everyone that's part of the program receives that base level training. Now we have both people that are fully qualified as coaches, have done an external coaching course somewhere, but we've also got a number of leadership coaches-and maybe this is you-who have not done anything formally but have plenty of experience in this space through their work and life experience up to date.

00:00:51:06 - 00:01:18:04

MAJ David Stephens

Now, this series of short video tutorials will build on the basic training that you've already received during your induction into this program. It'll do some deep dives into some of the topics. That hopefully you'll find interesting things like you're approaching, the midpoint of your coaching with your coaching counterpart. What are some of the things you might like to consider or you're about to do your last coaching session?



00:01:18:06 - 00:01:45:04

MAJ David Stephens

What are some of the approaches that you might consider there? Other things like looking at tools such as the Wheel of Life or how to use strength based coaching as a principle will be covered during this series, amongst many other resources. So this is really a resource for you to use. So feel free to, browse the index, jump in and out of videos depending on what you need or would like to know.

00:01:45:06 - 00:02:24:13

MAJ David Stephens

And of course, if at any time you have any questions, please reach out to the Character, Leadership and Ethics team here at ADFA or talk to your coach mentor who is there to assist and help you along the way. Once again, thank you for engaging in this program. And we hope that, not only will you be able to provide the sort of help and insights in the way that some of your coaching counterparts are thinking about issues and problems, but that you, as a leader, will also get something out of this program. That you'll be able to think a little bit differently about how you engage with others.

00:02:24:15 - 00:02:41:01

MAJ David Stephens

How to ask really good questions. How to use good reflective practices. And hopefully this will add to your leadership skills and development overall. Once again, thank you and welcome.

