



Carollyne Conlinn

is a 30-year veteran of the upper echelons of corporate culture who holds advanced degrees in both science and business.

As a professional business coach since 1999, she recognised that coaching had a better impact on the performance of both individuals and companies than most other management training approaches.

She not only embraced this approach as a way forward for herself but decided to develop her own programme based on her experiences in many different businesses.

Today she is one of Canada's most trained and experienced business coaches. Carollyne developed the *Excelerator Coaching™ Programme* to support organisations, large and small, to achieve the results they strive for!

Imagine being passionate about your work because you find it more interesting and more enjoyable than ever before. ■ **Imagine** being a person who has **the** skill to create that same dynamic environment for your colleagues or clients. ■ **Imagine** getting a 500% return on the investment you make to learn these essential principles and techniques!

Impossible?
Not for the 100 executives who took the challenge and reported their results.

Now, Experience for Yourself !

April 6-7, 2005

The most powerful business growth experience you'll ever have...

Carrigaline Court Hotel and Leisure Center

(Just 5 miles from Cork Airport)



Siobhan Murphy

revels in communicating and teaching the key principles of coaching and how these may be used to simultaneously impact with positive results on both working and living.

Through her coaching, training, writing and speaking she provides a motivating and vibrant case for the application of coaching while teaching the knowledge and skill sets involved.

She works with executives, professionals and business owners, people with a vision to improve their quality of life through learning and development.

Siobhan has over 20 years experience in coaching, entrepreneurship, and leading sales teams in many Fortune 100 companies.

The Excelerator Coaching™ Programme

Learn the Principles...

"I was introduced to the Excelerator Coaching™ programme at Royal Roads University, and was struck by how the process works. I saw the opportunity to bring the Excelerator Coaching™ programme to our organisation as a tool for leaders, to open lines of communication and integrate strategies across departmental boundaries. We introduced it to the senior leaders, and they took to it because the process is strong- it just works!"

Greg Wensel,
Development & Training Manager
WCB Saskatchewan.

Acquire the Tools...

Does coaching in business work? YES!

A recent study by Manchester Inc. of 100 executives from Fortune 1000 companies in the U.S. showed the following results:

- 57% improvement in productivity
- 77% improved communication
- 60% improvement in team work

Can you expect results like this?

**Without reservation, the answer is
an unequivocal YES!**

DON'T WAIT - SEATING IS LIMITED

Move into Action...

"The Excelerator Coaching Programme™ supports our goal of creating a coaching culture at the University of British Columbia, where we are building an environment that provides "every moment as a learning opportunity" .

I appreciate the calibre and scope of the programme, the depth of the materials, and the experiential learning environment this programme and its trainers provide. It is the doorway to a new paradigm of communicating. Excelerator Coaching™ is helping us transform our workplace."

Erna Hagge,
Head of Coaching Services
University of British Columbia

REGISTER NOW !
Register Before March 15th
and Save 10%
Cost: € 950

This programme is being run in conjunction with 1 Stop HR Limited.

The Mill, Crosses Green, Cork, Ireland

Tel: +353 (0) 21 4318964

Fax: +353 (0) 21 4318522

Email: pat@1stophr.ie

You may register directly on line at www.1stophr.ie

Enlighten

- Uncover the key issues for you and your business to become more successful.
- Achieve new insights into how you think and make decisions.
- Ask the penetrating questions that will have the most profound impact on your work.

What Will I Be Able To Do Following the Course?

- Motivate employees in a structured, and participative way to be more creative and responsible.
- Raise the performance level of groups and teams within the company.
- Introduce a new way of managing people that will improve the attitude and performance of the entire company.
- Change how you manage yourself and develop your skill sets to achieve personal success.

Empower

- Identify and remove barriers to success.
- Overcome challenges by building trustworthy relationships.

What Will You Experience?

■ Skills Immersion

Two days of intensive Coaching Training by master facilitators where you acquire the principles, tools and skills that enable you to start using a “management coaching approach” immediately.

■ Follow Through:

Our Commitment to Your Success

Following this intensive two-day programme we will provide ten telephone group coaching sessions, where you will receive focused coaching assistance from our specialists as you apply these coaching techniques to your business.

The process is designed to integrate your new knowledge and skills with your existing abilities, and support you to achieve the best possible learning transfer.

Excel

- Be in a better position than ever before to celebrate your achievements.

Who Should Attend?

- Managers responsible for change within the context of the EU Information and Consultation Directive due in 2005.
- Senior Managers involved in major Change Management projects.
- Any Manager responsible for Organisational Development.
- Human Resource Managers in particular, as they are engaged in most of the above.

The Excelerator Coaching™ Programme puts the most **practical** and **powerful** tools of coaching into your hands.

*Learn from two
of Coaching's top
international experts
who will deliver this
two-day intensive
coaching programme
in Ireland for the
first time.*



“There is a shift in progressive organisations where HR Managers are adopting a formal, professional approach to management coaching.

In recognition of this trend I have worked with Siobhán and Carollyne to introduce their professional, and internationally recognised Coaching programme to Ireland”.

Pat Sheridan

is the Managing Director of 1stopHR, and has spent the last 30 years as a Human Resource Manager with American, French and Japanese multinational companies in the health care, food processing, mechanical and electrical engineering industries.

He has also worked as an Industrial Relations consultant with the Irish Business and Employers Confederation (IBEC).

He established a management consultancy company in 1992 and has recently launched a Human Resource management on-line support service (www.1stophr.ie).

Pat believes that managers in general and Human Resource Managers in particular, continually evolve, adapting new techniques and ideas to meet business demands.

Register Now!

Register on-line at:
<http://www.1stophr.ie>

For registration by post, fill in the form below and post to:

1 Stop HR Limited.

The Mill, Crosses Green, Cork, Ireland

To register by phone, contact us at:

Tel: +353 (0) 21 4318964

Or Fax your information to:

Fax: +353 (0) 21 4318522

By email:

Email: pat@1stophr.ie

Name:
Title:
Company:
Address:
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Telephone:
Fax:
E-mail:
Mobile:

For Facility Information:

Contact the *Carrigaline Court Hotel and Leisure Center*

Phone: +353 (0) 21-485-2100 or visit the web site at www.carrigcourt.com