



# EXECUTIVE COACHING INFOGRAPHIC

## 7 Coaching Tools to Make the Learnings Stick

### PROBLEM

The Coachee does very little with the learnings from their coaching



### SOLUTION

Making the coaching learnings stick with Sticky Learning® using our 7 selected coaching tools

Helps the coachee to understand how they prefer to think



Herrmann Brain Dominance Index (HBDI)



Learning Styles

Helps the coachee to learn quicker and easier



Conflict Mode Instrument

Helps the coachee to know how they react in conflict



Personal Development Plan

Helps the coachee to build a plan for their development

Drivers



Helps the coachee to identify what motivates their decisions

Competency Frameworks

Helps the coachee to benchmark their skill



G.R.O.W. Model



Helps the coachee to have a structure for their coaching

## Our 7 Coaching Tools

MBM

Making Business Matter

Trainers to the UK Grocery Industry  
80% of our Learners are still using their new skill 5 months later - we guarantee it!

Established 2002  
As seen on the BBC

BBC

