

# External/Internal Peer Coaching (6-6-60)



By Sonja Robinson



PRIME COACHING

“In union there is strength.”

- Aesop



# Definition

Peer Coaching is a form of learning and development where two or more people work together to reflect on current practices; expand, refine, and build new skills; share ideas; teach one another, or solve problems in the workplace.



PRIME COACHING



# Benefits

## effective

Confidential Setting

Compact & effective Learning

Increase Self- Awareness

Share Best Practices

Networking across Functions & Industries

Accelerate Learning

Enhance Coaching Skills

Solution Focus

Knowledge Sharing

Sense of Camaraderie

Relating - Collaborating

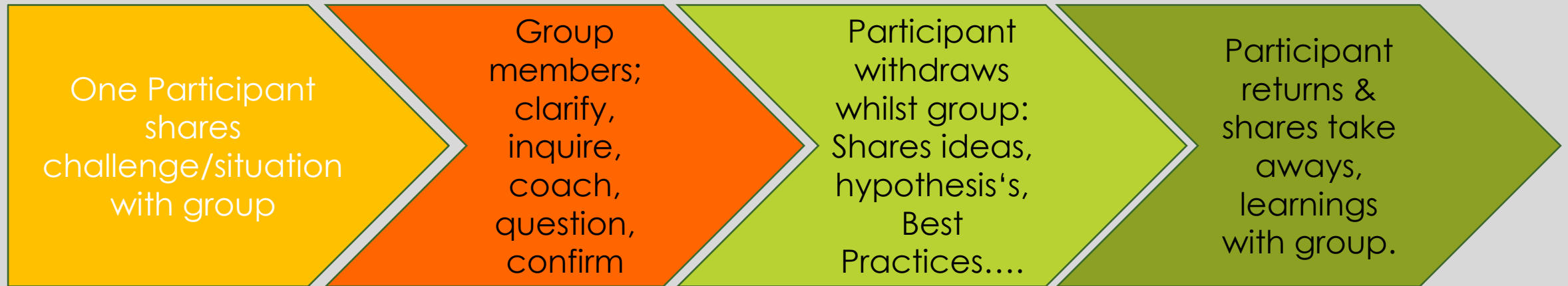
Prime Coaching

6 - 6 - 60

PARTICIPANTS – 6 SESSIONS – 60 MINTUES

Peer Coaching Concept

# 6 -6- 60 Concept



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