

## What is ProStar Coach?

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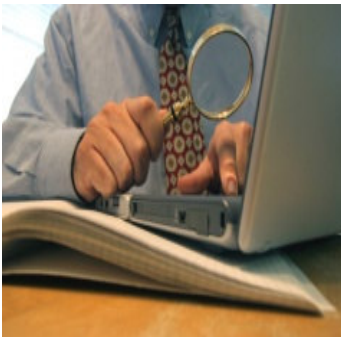
ProStar Coach is a totally new kind of online subscription service that will transform the way you help supervisors and managers improve their leadership skills.



ProStar Coach combines assessment, development, coaching and reinforcement programs into a single unified resource. It's a self-paced, self-directed system for long-term follow-through that helps leaders ingrain skills over time. It's like giving a manager a 24/7 personal leadership coach.

Managers work on one skill or one personal strength at a time, as they apply best practices with the people they supervise every day. They access learning resources ***anytime, anywhere and as often as needed*** to make real changes in their behavior.

### **ASSESSMENTS identify #1 area for development.**



Learners pinpoint one specific leadership skill or one personal strength behavior pattern to improve on the job. After the self-assessment, they get an online report suggesting areas within ProStar to work on.

Later, after the leadership behavior becomes an ingrained habit, they can focus on another area. Leadership development is a journey, not an event, and ProStar Coach will be there for them.

### **TRAINING VIDEOS introduce and reinforce critical leadership skills.**

Each of the 18 reality-based videos focuses on ***how to perform the skill*** on the job, featuring the best of what's been learned about leadership during the past forty years. Never before have these skills been combined in a single series. The videos are supplemented by an audio version and job aids summarizing key points and tips.



## **EXERCISES relate best practices to their work.**



reinforcement.

The **Success Tools** area features eight learning resources that provide coaching on **40 different leadership-related behavior patterns**. Fresh content streams to the leader daily and weekly. Exercises relate this material to their work and suggest follow-up actions. All exercises can be archived for later

## **A private COACHING NETWORK provides peer coaching.**

This unique hybrid of social networking and forum technology supplements the built-in virtual coaching with input from real people who care about the individual's development, such as managers, coworkers, team members, training co-participants, coaches and others who share information, feedback, coaching, advice and encouragement.



Users can even gather **micro-feedback** by asking network members straightforward questions such as, *"What one area of my leadership should I be working on right now? Please suggest two ways for me to improve what I'm doing."*

And YOU can even add customized content by including links to *your* proprietary material in a special area within ProStar!