## Manager Coaching

| Resources -Tool -Skill   | Source   | Purpose/reason someone would access  | How to access   | Cost                    |
|--|--|--|---|-------------------------|
| Leader Development,<br>Consulting and Coaching                   | Organizational Development & Transformation                          | Internal consultants are available to provide supports and services to individual leaders and/or teams including customized interventions, process redesign and other needs as identified through a process of negotiation, assessment, intervention and reassessment. | Mary Lloy<br>Tel: (902) 473-5978<br>mary.lloy@cdha.nshealth.ca  | CDHA resource<br>- none |
| Conflict Resolution Services                                     | Wellness and Respectful Workplace                                    | -Consultation and strategy development re: conflict - Individual & group conflict coaching - Facilitated conversations, i.e., mediation - Education sessions re: conflict and related communication skills   | Holly Dempsey, Conflict<br>Transformation Coordinator<br>Tel: (902) 473- 2417<br>holly.dempsey@cdha.nshealth.ca | CDHA resource<br>- none |
| Organizational Coaches   | Organizational Development & Transformation                          | A coaching relationship starts when an individual wants something to be different in their life. The reasons vary greatly – wanting to step more fully into their leadership, a desire to achieve a very specific goal or perhaps to find more balance in their life.  | Organizational Coaches  | CDHA resource<br>- none |
| Practice Development<br>Coaching                                 | Professional Practice – Public Site Professional Practice – Intranet | Supporting leaders with instituting practice changes   | Professional Practice Leaders<br>Tel: (902) 473-4766  | CDHA resource<br>- none |
| Consultations with managers re individual's practice/performance | Professional Practice – Public Site Professional Practice - Intranet | Advice re how to proceed and help develop a plan for the individual or review of care delivery model on a unit.  | Professional Practice Leaders<br>Tel: (902) 473-4766  | CDHA resource<br>- none |
| People Services (formally Human Resources) Intranet              | Performance Operational<br>Support                                   | People Services Support - Includes consulting and advising on all aspects of managing staff, coaching, providing options and solutions recommendations.  | People Services consultant assigned to the portfolio or (902) 473-5757 option 4.                                | CDHA resource<br>- none |

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