

# COACHING YOUR TEAM MEMBERS: UNLOCKING POTENTIAL AND FACILITATING GROWTH

NRECA Supervisor and Manager Development Program #744.05

9 a.m.-12:15 p.m. | Thursday, April 3, 2025

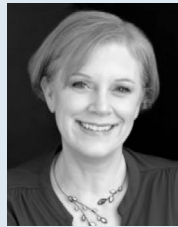
The Cooperative Center | NDAREC headquarters | 3201 Nygren Drive NW | Mandan, N.D.

Overview for Coaching Your Team Members: Unlocking Potential and Facilitating Growth, NRECA SMDP #744.05  
9 a.m.-12:15 p.m. on April 3

Coaching is a powerful skill that empowers individuals to reach their full potential, achieve goals, and drive personal and professional growth. This program gives participants an understanding of coaching principles, techniques and frameworks. Through interactive discussions, practical exercises and experiential learning, participants will develop the fundamental skills to become effective coaches and catalysts for positive change.

## Key Topics

- Understanding the role and value of coaching in personal and professional development
- Exploring the fundamental principles of coaching
- Developing essential communication skills including active listening and powerful questioning
- Goal setting and action planning
- Establishing trust, rapport and a safe space for open and honest conversations
- Exploring popular coaching models and frameworks to guide coaching conversations



## Meet the Instructor

Christina Eanes founded Eanes Training in 2014, leveraging her extensive background in public service, including more than 15 years with a California police department and the Federal Bureau of Investigation (FBI).

She notably contributed to the FBI's Violent Criminal Apprehension and Leadership Development Programs, training thousands of leaders. Christina has authored several books, actively manages a YouTube channel, and hosts multiple podcasts. She holds two master's degrees, one specializing in Education and Training Performance Improvement. She is certified in Gallup Strengths and the Everything DiSC® application suite. Christina's dynamic approach ensures that Eanes Training continuously evolves to meet the shifting needs of clients.

## Schedule at a Glance

8:30-9 a.m. Hot breakfast buffet

9 a.m.-12:15p.m. **"Coaching Your Team: Unlocking Potential and Facilitating Growth," SMDP #744.05 in session**

12:15 p.m. Evaluations and adjournment

## Registration Information

Online registration is available at <https://www.ndarec.com/ndarec-education-programs>. The registration deadline is **March 18**. The registration fee is \$300/person and includes the hot breakfast buffet and refreshment break. No advance payment is necessary.

## Billings and Cancellations

If you need to cancel a registration, please let Pamela Clark-Stein know 72 hours in advance of the program. In case of a no-show, your cooperative will be billed a \$50 cancellation fee/person.

## Special Dietary Needs and Other Accommodations

Please notify Pamela via email at [pstein@ndarec.com](mailto:pstein@ndarec.com) of any dietary restrictions such as food allergies, gluten-free options and other special accommodations needed. A minimum of 72 hours advance notice is requested.

Sponsored by:



## Hotel Accommodations

For your convenience, a block of sleeping rooms is reserved for Wednesday, April 2, at the hotel listed below.

Comfort Inn & Suites  
1516 27th St. N, Mandan

To make your room reservation, call 701-204-6712.

For online reservations: [www.choicehotels.com/reservations](http://www.choicehotels.com/reservations)

The block of sleeping rooms is reserved under "Supervisory Training." The release date for this room block is March 21.