

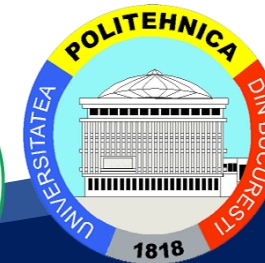


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Project Management monitoring and control – coaching for project management

Diana Mesquita, Rui M. Lima
(University of Minho, Portugal)



Curriculum Development
of Master's Degree Program in
Industrial Engineering for Thailand Sustainable Smart Industry

What is not coaching?

- **Psychotherapy?**

No, because coaching is all about the future.

- **Mentoring?**

No, because coaching is a process to find out the answers.

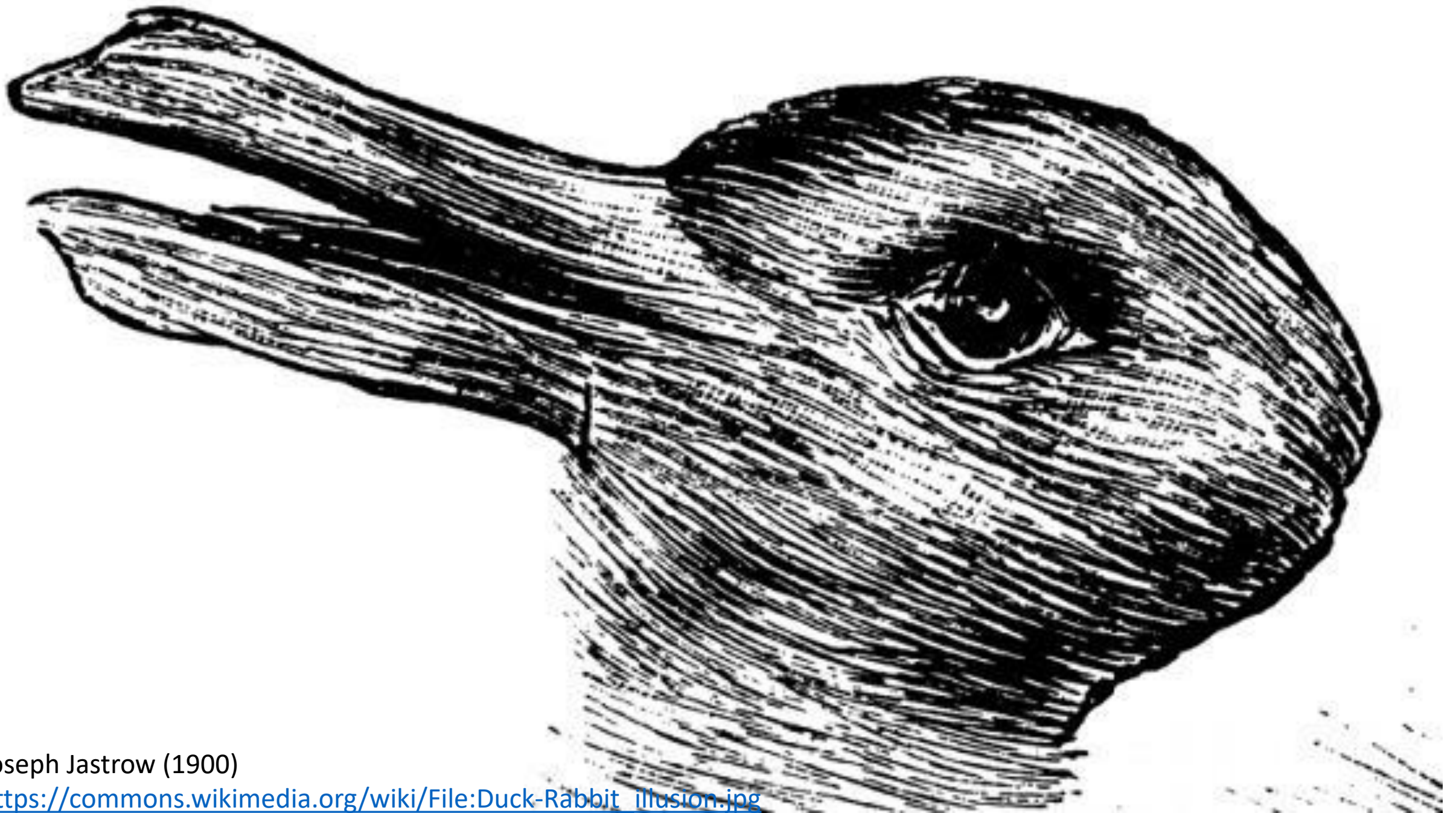
Socratic method: “I know that I know nothing”

- **Consulting / Training?**

No, because coaching implies an action to change a situation.

What is coaching?

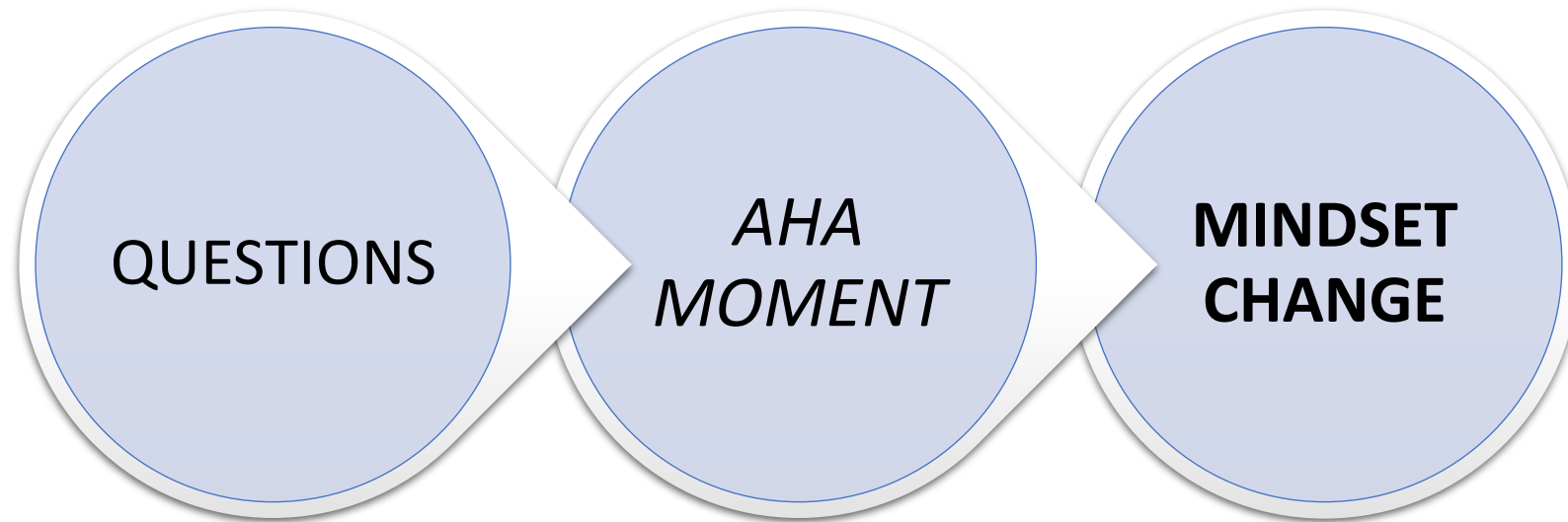
Coaching is a **process** aiming at developing, challenging, supporting and enabling people to develop their full **potential** in professional and personal contexts, using a set of strategies (e.g. **questioning**).



Joseph Jastrow (1900)

https://commons.wikimedia.org/wiki/File:Duck-Rabbit_illusion.jpg

Why coaching?



Speed Coaching



ROSA – is a methodology that includes four steps to carry out a coaching session.

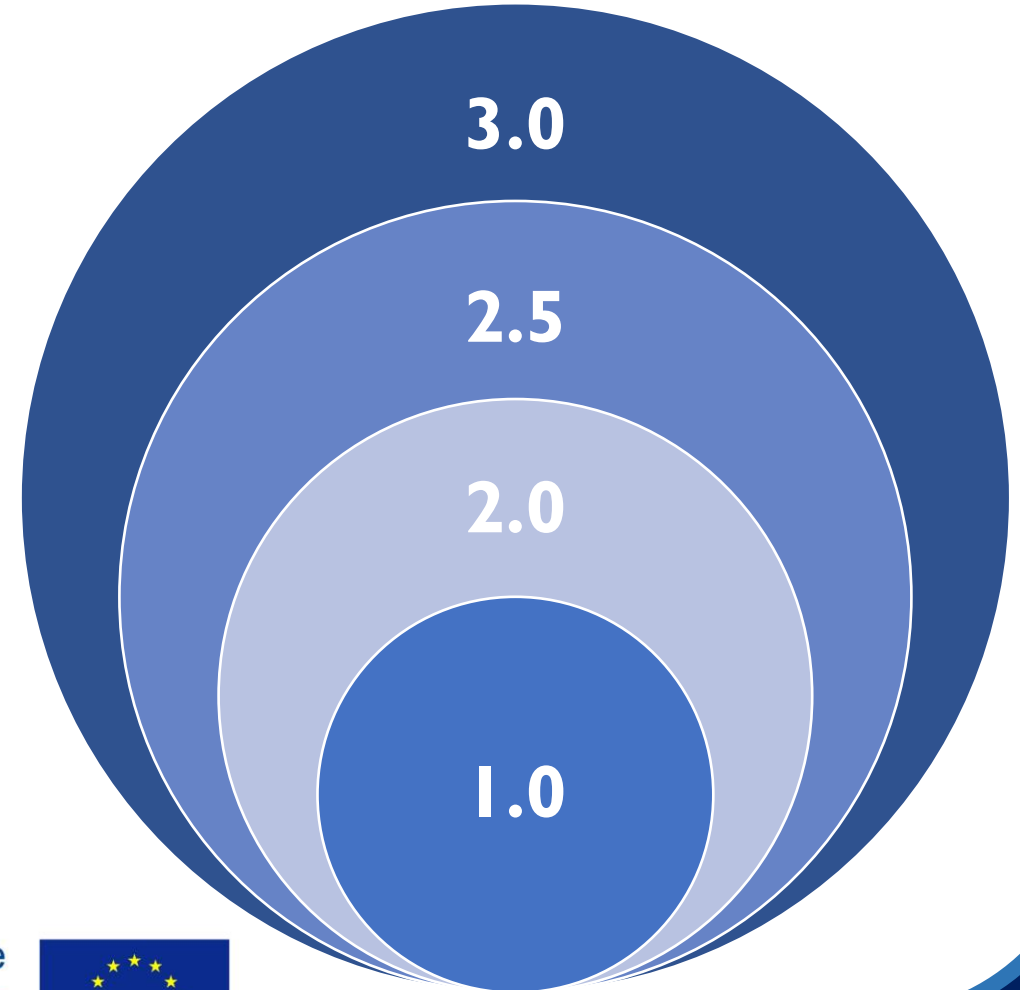
Daniel Sá Nogueira

We Create / World Coaching Organization

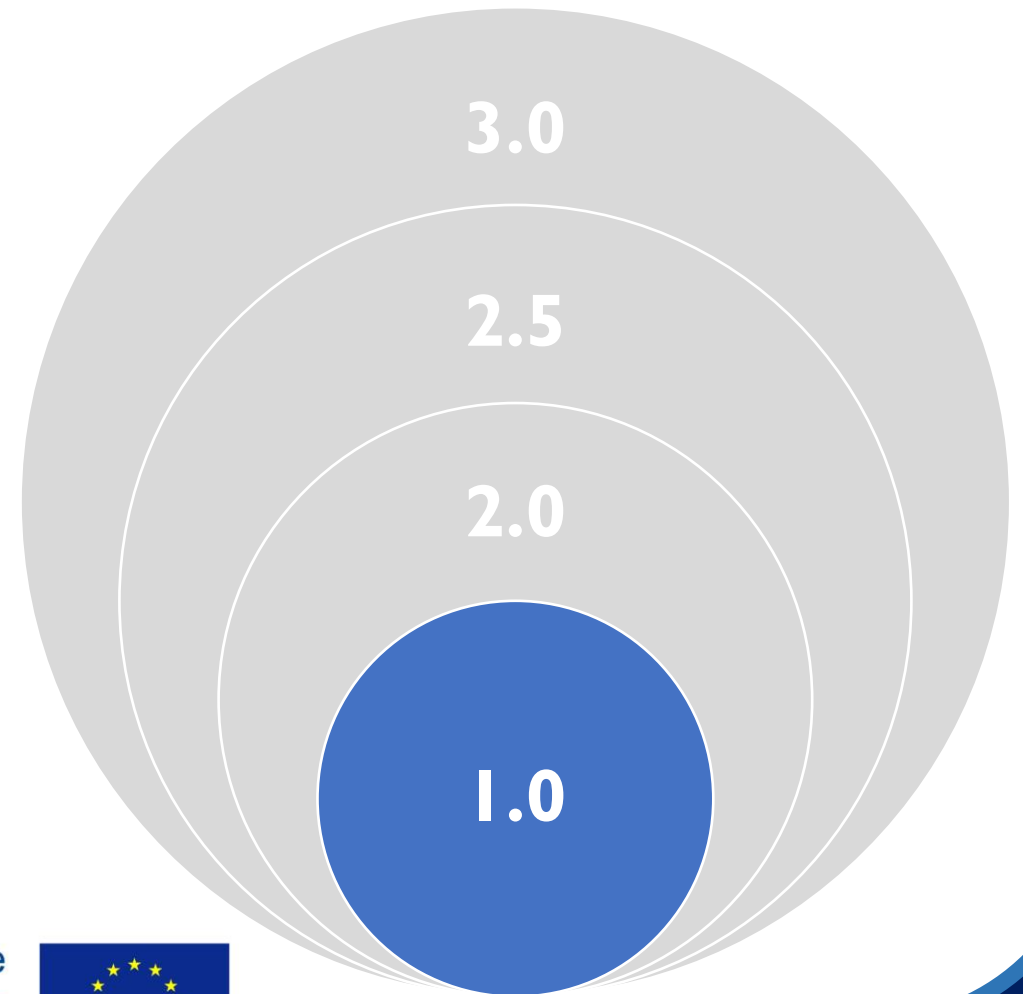
“Trata a vida por tu”



Reality
Objectives
Solutions
Action

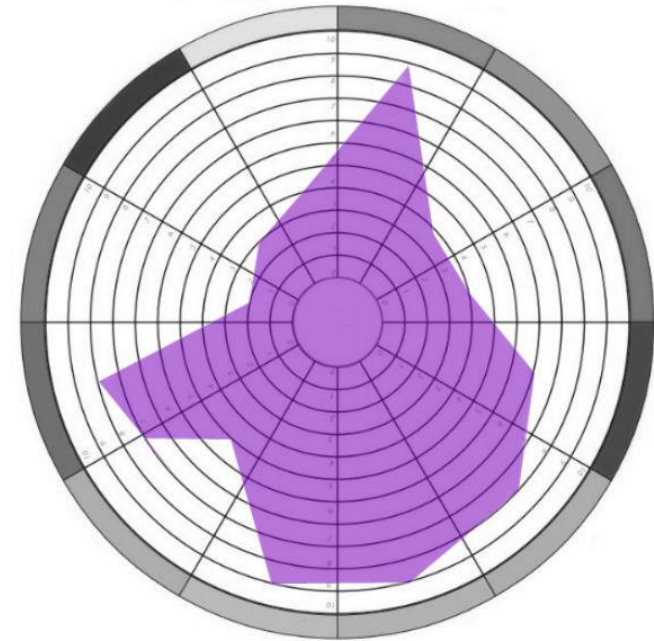


Reality
Objectives
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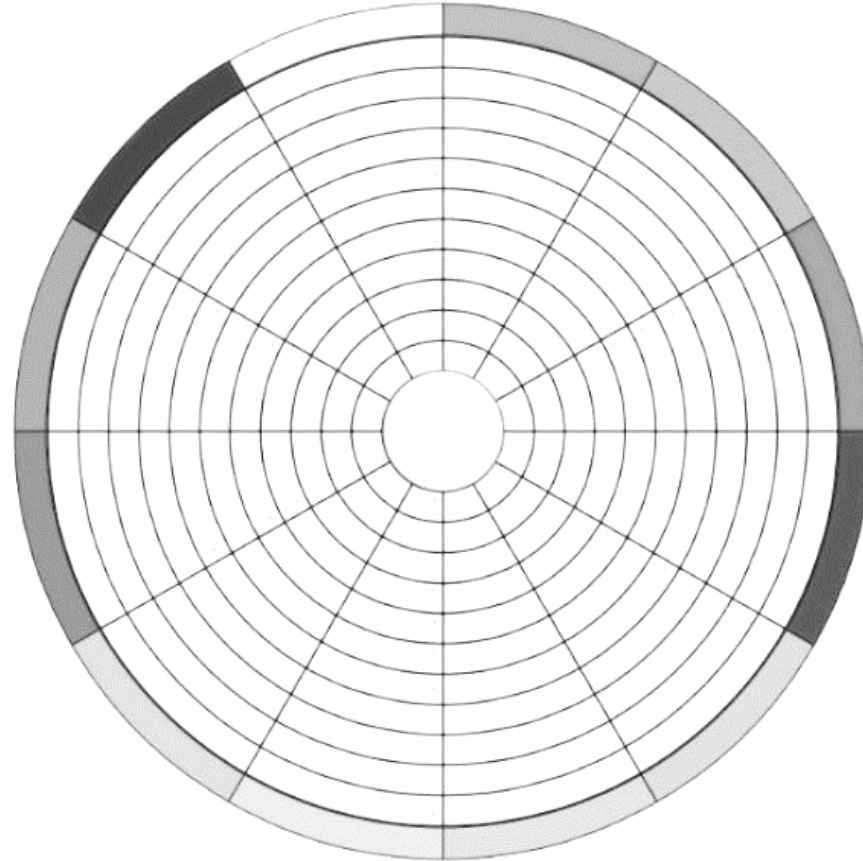


Reality

What is going on?

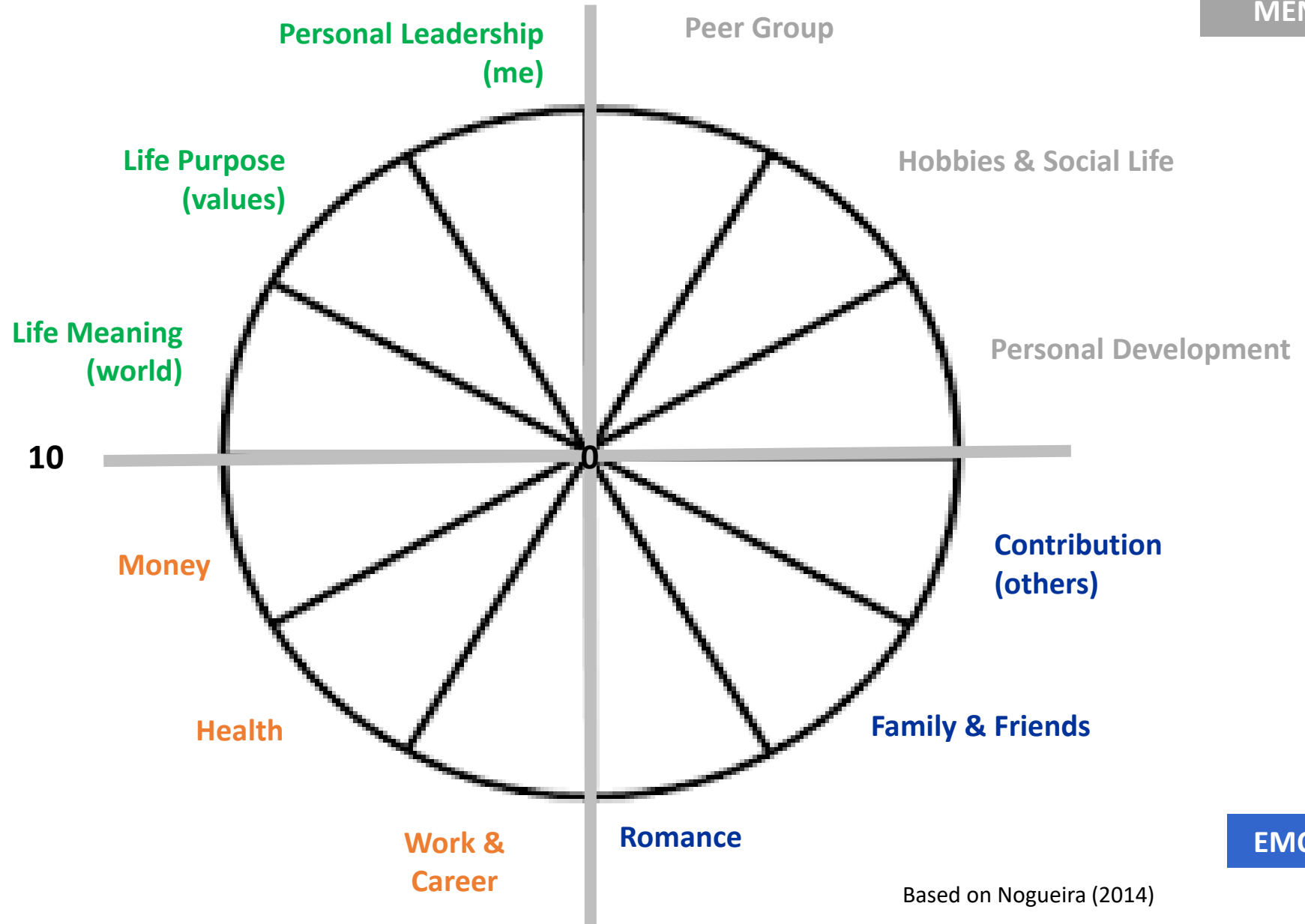


(R) – Pizza of Life



SPIRITUAL

MENTAL

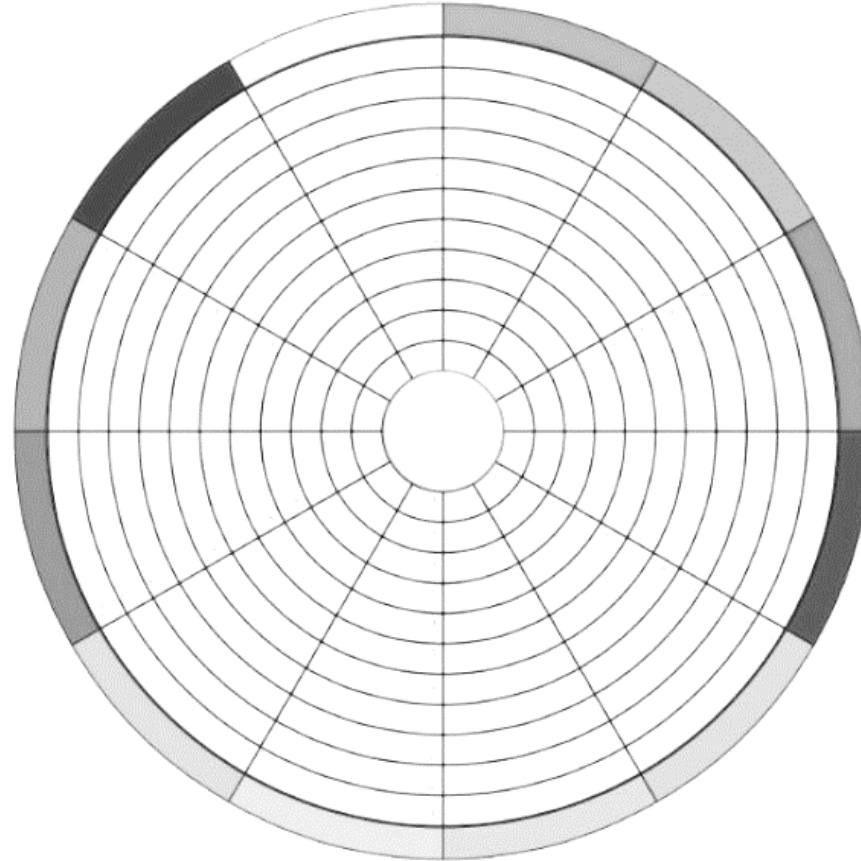


PRACTICAL

EMOTIONAL

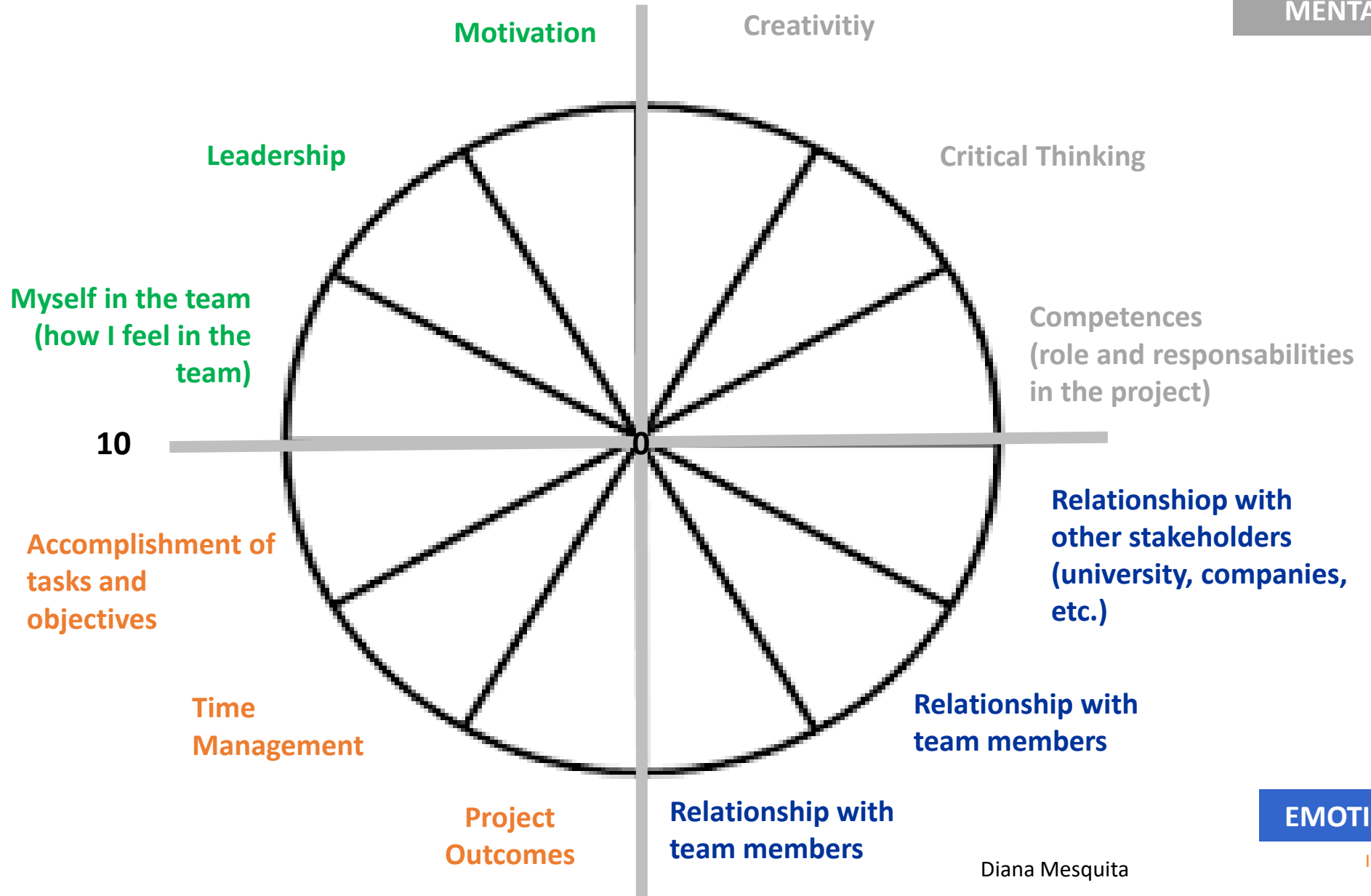
Based on Nogueira (2014)

(R) – Pizza of Team



SPIRITUAL

MENTAL



PRACTICAL

EMOTIONAL

Objectives

What do you want?



Specific
Measurable
Attainable
Relevant
Timebound

SMART (http://en.wikipedia.org/wiki/SMART_criteria)

Specific

(who, why, what, where, when, which)

Measurable

(how much, how many)

Attainable

(how can the goal be accomplished; what do you need; what competences)

Relevant

(worthwhile; now; needs; right person)

Timebound

(when)

(O) - Reticular Activating System (RAS)



https://paulnicklen.com/pn/wp-content/uploads/2018/11/mm7616-081002-30574_kbg-e1542580549789.jpg

Solutions

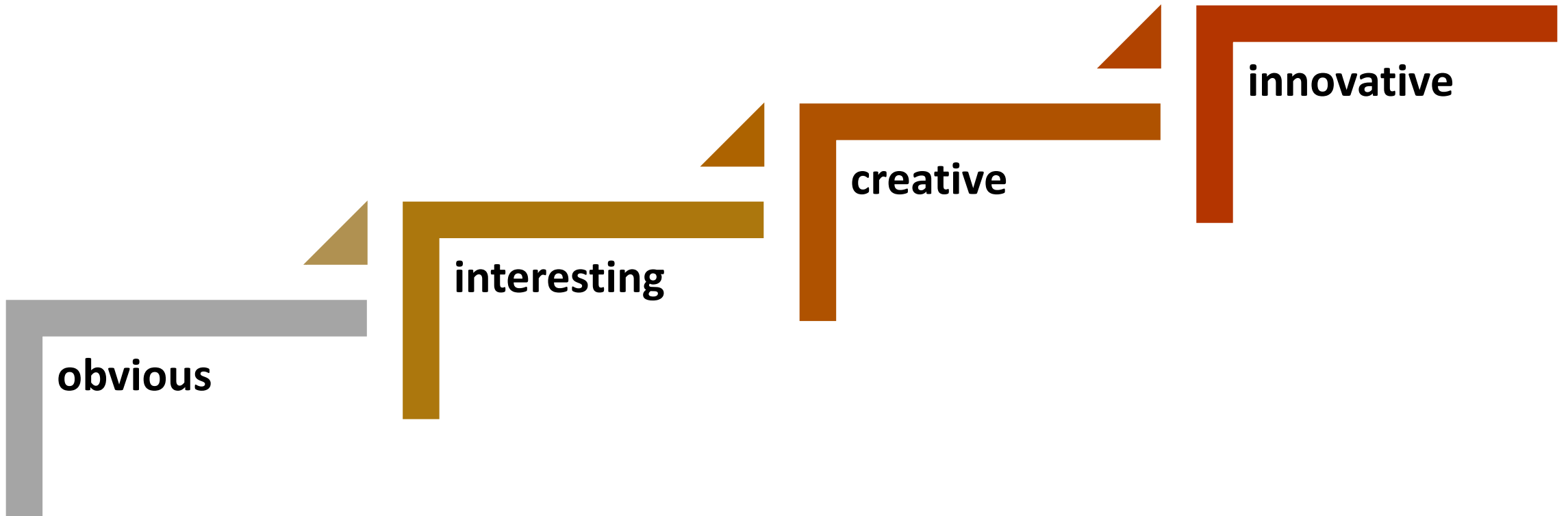
How? Well done!

What else?



<https://unsplash.com/photos/4Enrbj1svk>

Draw a watch!



Creativity - Exercises



Creativity - Exercises



1 minute ideas!



Action

What is going to be your homework?



“Do. Or do not. There is no try.”

- Master Yoda –

Star Wars, The Empire Strikes Back



Let's practice! Your first coaching session!



Role Play / Simulation:

A – Coach

B – Client

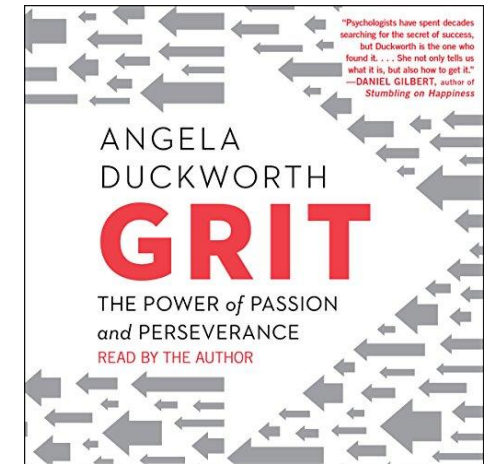
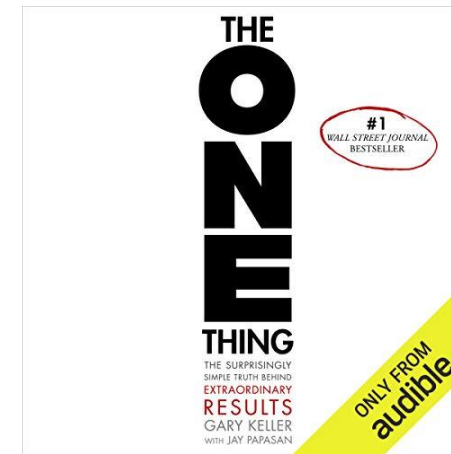
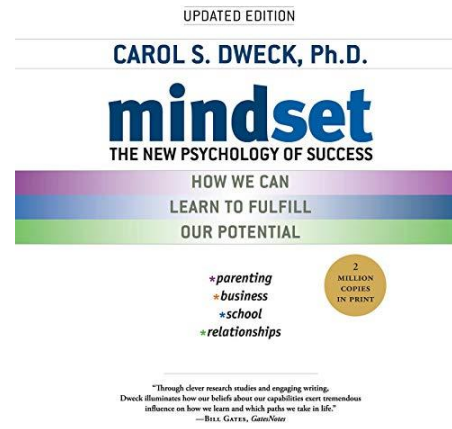
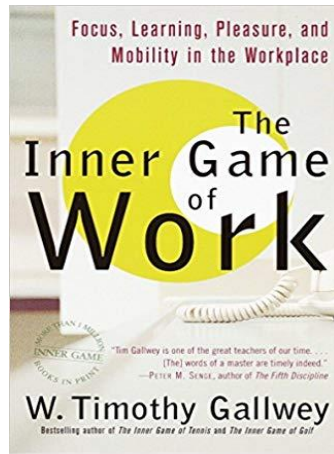
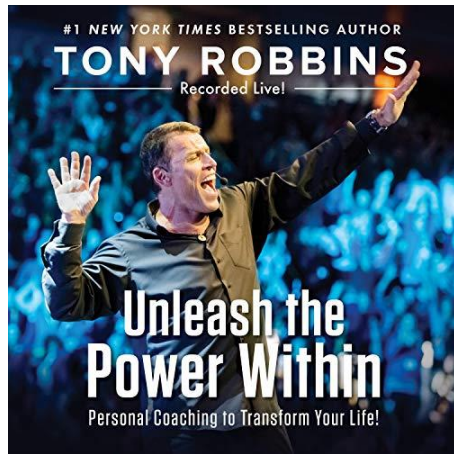
C – Observer

Duration: 10 minutes



Learning more about Coaching





Book Covers from amazon.com





Note: Photo from the author

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#3 Search for more!



<https://unsplash.com/photos/mq8QogEBY00>

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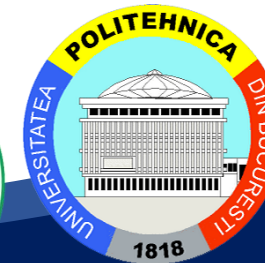
- Nogueira, D. (2014). Trate a Vida por Tu. Lua de Papel. ISBN: 978-989-23-1051-0

MSE 4.0

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Thank You



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