

Structural Tension Coaching: help your team thrive in disruption.

Online workshop



Little known, big difference

Leading and managing a team is tough. You're being pulled from all directions and it's easy to get trapped in the middle of solving everybody's problems.

That game just became even tougher to avoid because now you'll have to manage day-to-day situations from behind a screen, or at least from a distance.

There is a little-known, simple, yet practical model called Structural Tension Coaching that can help. Hardly anybody is talking about it these days. When you learn it and use it, it will make a big difference for you and your team during these disruptive times, and beyond.

The best part is that it will only take you 90 minutes to learn, practice and get ready to put into action. We will show you how during this workshop.

Even better, it will even work with kids.

Learning objectives

This online workshop will hold your attention and keep you fully engaged throughout. You will get a rich mix of information and you'll participate in activities through small-group conversations.

#1 **Immediately achieve the small wins that will ease pressure from your workload.**

#2 **Teach everyone in your team how to coach each other within 30 days.**

#3 **Reclaim valuable time over the long run, to work on your leadership priorities.**



A workshop that connects

This workshop is mind-altering! Therefore, you won't be able to participate while driving or operating machinery. To get the full benefit, you will need to fully participate and connect from a quiet space with a good internet connection, a webcam and a perhaps a headset.

- We spend 90 minutes together
- We will work in a group setting
- We will use Zoom for our classroom
- You should bring a leadership or management challenge
- You will be a coach and you will be coached in return
- We will have some fun

Get started immediately

Participation in this workshop does not require any pre-existing knowledge. This workshop will benefit any manager in need to accelerate the resolution of day-to-day critical situations with their team.

At the end of this workshop, you will be able to successfully solve almost any work-related situation through the use of the Structural Tension Coaching model.

Here is what we'll cover:

The 6 steps of Structural Tension Coaching

The four mindsets of practical coaching

How to activate Structural Tension Coaching

Identifying the coaching situation you are in

How to build partnership in the solution

Rick Torseth



Rick Torseth is an internationally renowned leadership coach with nearly 30 years of experience with organizations such as The Bill & Melinda Gates Foundation, Tableau, Generations for Peace, and many other healthcare, financial and change management companies.

He is himself a leader of several human development and social change groups, such as Impact Basis in the Netherlands.

Over the years, he has helped individuals and organizations tackle deep complexity. His foundational belief is that coaching is a gift you give to yourself, and it must start with a focus on your talents and potential.

In a world where leaders must know how to thrive inside disruption, this has never been so relevant.

He is married to a wonderful woman who gracefully endures his own change process. His daughter lives in New York and relishes teaching him life lessons as often as she can.



CONTACT

Rick Torseth

(206) 295-4432

rick@ricktorseth.com

www.ricktorseth.com