



Symbiosis Institute of Business Management, Hyderabad



Symbiosis International (Deemed University), Pune

**Guest Lecture by
Mrs. Nidhi Bandaru**

Topic:- “Coaching for High Performance”

Date:- August 02, 2019

On August 02, 2019 a Guest Lecture was conducted for the students having the HR minor “Coaching Counselling and Mentoring” as well as the students which have taken HR as their primary field of interest. The course “Coaching Counselling and Mentoring” is formally taken by Dr Ridhi Rani but on this occasion the lecture was handled by a very familiar and respected guest faculty Mrs Nidhi Bhandaru. Mrs Bhandaru being a professional Coach discussed many intriguing and valuable points about the aspect of being an effective and productive coach. She defined the role of a coach as “The bridge that connects the gap between knowing and doing”. The session carried on and it had various eye-opening activities based on one of the coach’s greatest strength i.e. Listening. The activity was meant to increase the listening skills and thereby deliver help in delivering quality advice and guidance to the client as it was explained that coaching is a service-oriented activity and it is all about the client.



Mrs. Nidhi Bhandaru is addressing the students

Major takeaways of this session as a coach are as following:-

- Increases client’s receptiveness
- Helps client navigate through a difficult situation
- Enhance client’s self-awareness
- Facilitate breakthroughs uncover potential and build skills
- Help create and implement action plans

The students were taught that Life doesn’t have any meaning, it gets meaning we put into it and the fact that Thoughts + Feeling = Actions.

Overall the session was a great success and the students participated wholeheartedly with gusto and enthusiasm.