The eCoach System
The eCoach System provides coaching to the majority at very low cost. It is an automated i.e. no coach system that is available through the Internet or intranet. It has been developed by Myles Downey, founder of The School of Coaching and author of ‘Effective Coaching’.

Individual performance is a cornerstone of corporate performance and the need to achieve more – be that productivity or innovation – from fewer is increasingly vital. Coaching is a successful and proven approach to helping individuals to perform to higher levels – but it is only available to a small number of senior executives. The eCoaching system works by helping people reflect on and think through their goals, the strategies to achieve them and the next steps and then to support them over time in achieving the goals. This is achieved by responding to a sequence of coaching questions put together in a unique manner that encourages clarity of thought, analysis, creativity and innovation. It also contains a variety of tools to help with issues as diverse as problem solving, giving feedback and developing as a leader.
The eCoach System

A unique aspect of the system is that it is not designed to cause people to simply work harder or faster but rather to be more purposeful and focused in their work leading to higher levels of performance, learning and enjoyment. These factors are also known to impact levels of employee engagement.

The eCoach System has gone through a number of trials and pilots with both professional coaches and corporate clients in a period of development over three years resulting in a robust and effective system. The system is currently being piloted with a well-known UK corporation, is being developed as a Russian language version and there are development initiatives with six corporate clients and a charity.

The eCoach takes the form of programmes with supporting ‘shorts’. Programmes are designed to move users from A to B, from where they are to where they want to be, over a period of time. There are currently two core programmes: the Performance eCoach and the Learning and Development eCoach. ‘Shorts’ are stand-alone coach sessions focused on specific topics such as: Preparing for a Meeting, Giving Feedback, Solving a Problem.
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The Performance eCoach supports individuals in achieving their goals and can be integrated into almost performance management systems. The Learning and Development eCoach is designed to increase the impact of a conventional learning or training programme and to ensure the learning is applied. All eCoach programmes are tailored to match specific, local needs.

There are a number of eCoach Programmes under development:
- Leading my Team eCoach Programme
- Career eCoach Programme
- Sales eCoach Programme
- Lean/Six Sigma eCoach Programme

Click here to see a short video about the eCoach System.

There is also a demonstration site where a number of the programmes and ‘shorts’ can be tested. To find out more you can contact:

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