

# The Mindless PMO Coach

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# Objective

Consider the role of 'PMO' as a coach.

Recognise how we can move from unintentional to intentional,  
mindless to mindful!

Open our minds to the possibility of the 'PMO Coach'!

# Overview

- A Day In The Life : Life Coach
- Who doesn't love a good definition!
- PMO Training v PMO Coaching
- Can we really make a difference?
- Intentional Coaching Ideas
- Your ~~Mindless~~ *Mindful* Commitment
- Why Bother?

# A Day In The Life : Life Coach

<https://youtu.be/ZcDaNI9d9OY>

## Food For Thought

- Coaching is a **\$1billion** a year industry.
- It's estimated that 90% of organisations use coaching in some way shape or form.
  - Performance
  - Productivity
  - Career
  - Executive
  - Agile
  - Mindfulness
  - Empowerment

Let's consider the comparisons to the role of PMO....

# A Day In The Life : Life Coach

## *Life Coach*

Works with clients to set deadlines & reach goals

You need to understand how people work

Coaches require training & methodologies

Use your background and experiences to resolve problems

## *PMO*

Works with clients *projects* to set deadlines & reach goals



You need to understand how ~~people~~ *projects and stakeholders* work

~~Coaches~~ *PMO Leaders* require training & methodologies

Uses background and experiences to *coach project managers to* resolve problems

*Are we really that different?*

# Who doesn't love a good definition!

## Training:

teaching, or developing in oneself or others, any skills and knowledge that relate to specific useful competencies. Training has specific goals of improving one's capability, capacity, productivity and performance.

## Mindless:

(of an activity) so simple or repetitive as to be performed automatically.

## Unintentional:

not done on purpose.



## Coaching:

a form of development in which a person called a coach supports a learner or client in achieving a specific personal or professional goal by *providing training and guidance.*

## Mindful:

conscious or aware of something.

## Intentional:

done on purpose; deliberate.

# PMO Training v PMO Coaching

**A B C D E F G H I J**  
**K L M N O P Q R S T**  
**U V W X Z**



# PMO Training v PMO Coaching

**A B C D E F G H I J**  
**K L M N O P Q R S T**  
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# PMO Training v PMO Coaching



# Can we really make a difference?



# Intentional Coaching Ideas



# Your ~~Mindless~~ *Mindful* Commitment

*Be intentional!*

*Be aware and learn to recognise an opportunity  
to coach!*

*Pay it Forward – Aspire to Inspire the next  
generation of PMO leaders!*

# Why Bother?

