

# COACHING FOR RESULTS

*Accelerating learning, effectiveness and fulfilment*

## THE WORLD TODAY



## WHAT DOES THIS MEAN FOR INDIVIDUALS?



## OUR APPROACH

We believe our clients are naturally creative, resourceful and whole. When you want things to be different, or if you have important goals to reach, then working with a coach generates powerful insights to accelerate success.

### 1. Chemistry fit /trial session

You're welcome to read our bio pages but a no obligation conversation will best reveal whether we are a good 'fit', call us or book a trial session. We offer a 100% money back guarantee.

### 2. Clarity

As coach and coachee, we'll get really clear on what your desired outcomes are. We'll also design a powerful coaching alliance, defining our individual roles and collective commitment, between two equals\*, for the purpose of meeting your needs.

### 3. Powerful Conversations

The process of discovery, awareness and choice that empowers you to find your own inner wisdom and take action to achieve transformational change. Typically 5 sessions of 90 minutes via phone, video call or in person.

### 4. Review

A final session to review, measure and celebrate the progress you made against your original outcomes. A time to consolidate your insights and learning, and a brief look ahead to the new opportunities that await you.

\*or three equals, sometimes it's a 3-way alliance with your line manager or HR

*It always seems impossible until it's done*

**Nelson Mandela**