

WHAT CAN YOU EXPECT

The role of a coach is based on the principle that individuals are ultimately responsible for their lives and the results they are getting. If we acknowledge that we are responsible for something, it follows that we have power and influence over it.

If you are not getting the results that you want, our coaching processes will encourage you to:

- * Understand situations more clearly
- * Develop new ideas or approaches for those situations
- * Take constructive action that gets you the results you want

Coaching is about achieving change linked to personal, business or organisational goals—it's about getting the best for you.

The Multiple Benefits of Coaching:

- * Improved Performance and Productivity
- * Improved Learning
- * Improved Relations with Staff and Staff Development
- * Improved Relationships
- * Improved Quality of Life
- * More Time
- * More Creative Ideas
- * Better Use of People, Skills and Resources
- * Faster and More Effective Response
- * Greater Flexibility and Adaptability to Change.

We want you
to WIN?



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BREAKING THROUGH THE BARRIER

*The Development of Personal
Vision and Individual Excellence*



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LIFE COACHING

Life Coaching provides you with personal support that is committed to your success and development, encouraging your personal and professional growth. We work with clients to enhance their quality of life and to show ways in which clients can achieve their goals. We help clients identify where they are now, where they want to be, and how to get there: and then keep them on track until they achieve their goals.

Our role is to help you find your own way and keep you moving along that way. Whatever your goals and aspirations, coaching helps you achieve them at a faster rate than you would do alone.



Our purpose is the continual process of helping you discover who you are, and to provide opportunities for you to grow in an environment that is aligned to your actions, values and beliefs: to achieve what you want. Your capabilities and potential are unlimited.

What is it you want from life? Explore what you would really love to do and plan a way to get there.

PERFORMANCE COACHING

Performance Coaching explores the mental blocks to achieving excellence and realising potential. It is effective for a wide variety of people from the world of sport and business to academia.



Not a day goes by when a manager, supervisor or entrepreneur doesn't need to delegate an assignment, follow up on a deadline, or show others how a job needs to be done. How this is done

has a great impact on the organization.

An inappropriate approach to dealing with daily tasks causes undue frustration, broken relationships, missed performance, poor quality, and recurrent errors. When a manager knows when and how to act as a coach, performance improves, people grow, and trust increases in the organization.

Performance Coaching makes the difference between average and superior results. An effective coach knows when and how to engage others by giving effective feedback, enabling action, encouraging development, and tracking results.

Performance Coaching provides a proven approach and practical tools for turning performance feedback into improved results. It is an ongoing process to help employers and employees to gain better competence and overcome barriers to improving performance. It is appropriate when a person has the ability and knowledge but performance is not maximised; it is work focused.

EXECUTIVE COACHING

Our **Executive Coaching** Solutions provide coaching on a one-on-one basis, providing an invaluable source of support and development for executives and senior managers.

Our main goals are to help reduce staff attrition, increase sales and profits, take your development to the next level and to assist you in formulating solutions to your challenges and difficulties.

Executive coaching is an individualized approach to your professional development that focuses on results and outcomes.

The demands placed upon today's executives and senior managers are ever increasing and they have to possess the skill sets and competencies to deliver the goods. Being a good all-rounder is what is essential for success, but how many of us have the complete package?

You will have your own strengths and weaknesses. It is our goal to help you to play to your strengths and to work on your weaknesses.

