1-on-1 Coaching Program

Accelerate your journey toward achieving your potential with guidance from one of our accredited and experienced coaches. Identify and overcome challenges, set effective goals and grow your skills and confidence.

This program accommodates individuals who are investing in themselves, and also leaders and organisations who are investing in their people (ask us about 'Executive Coaching').



Session 1

Introduction and initial exploration of current situation, goals and focus areas.

1hr.

Session 3

Review progress and goals, discuss challenges, identify action/s to take.

1hr.

Session 5

Continue review, discussion and implementation as per previous sessions.

1hr.

Session 2

Continue clarifying current reality, goals and focus areas; consider potential actions.

1hr.

Session 4

Continue review, discussion and implementation as per previous sessions.

1hr.

Session 6

Review and finalise personalised development plan to facilitate ongoing learning and development journey.

hr

This rewarding process will super-charge your progress toward your goals and set you up for ongoing success. Our approach enables you to identify the underlying causes of challenges and guide you to solutions that will have maximum impact.

