



Executive Coaching

Overview

This customised program consists of a series of one to one coaching sessions, tailored to the individual with complete privacy and confidence. The sessions provide an invaluable source of support and development, with an individualised approach to professional development that focuses on results and outcomes.

Target Group

This program is designed for managers, business leaders and executives within any industry and at any stage in their career.

Objectives

The specific objectives of this program will depend on the individual and will be agreed once a consultation has taken place.

Course Content

This program focuses on meeting the needs of the individual and therefore the content is built around your specific requirements. We can tailor the program to address any area of personal or business development. Here is an idea of possible areas or topics we could cover for you...

- ✗ Creating and maintaining a balanced working life
- ✗ Gaining clarity in your thinking and commitments
- ✗ Improving self confidence / self-esteem
- ✗ Setting achievable goals
- ✗ Making decisions and working through changes and challenges
- ✗ Identifying and solving problems
- ✗ Breaking unwanted habits
- ✗ Changing limiting beliefs
- ✗ Overcoming obstacles such as conflict and change
- ✗ Dealing with confrontation and handling rejections
- ✗ Learning tailored stress management tools and techniques
- ✗ Gaining trust and respect from others
- ✗ Getting the most out of other people
- ✗ Mastering delegation and negotiation
- ✗ Effective planning and time management
- ✗ Looking ahead to potential new opportunities
- ✗ Handling other people's difficult or challenging behaviour
- ✗ Providing support to others
- ✗ Becoming adept at using a range of advanced communication techniques
- ✗ Achieving desired results

Outcomes

The individual will receive ongoing feedback and support and will be asked to write and continuously update / review a personal action plan. The mentor/coach will also aid in identifying further areas for improvement and development according to individual needs.