

Individual and Executive coaching

An organisation's competitive advantage rests squarely on its ability to quickly develop capability and potential throughout the entire workforce. Coaching is a powerful vehicle available for achieving results and building organisational capability. Coaching helps increase the level of individual contribution, commitment and capability, delivering benefits far beyond the initial investment.

A Vehicle for Growth

Renowned Author and Leadership expert Robert S Sharma said this about coaching:

"My best investment, as cliched as this sounds, is the money I've spent developing myself, via books, workshops and coaching. Leadership begins within, and to have a better career, start by building a better you."

Coaching is a great solution for those people who have a desire to learn and grow. Coaching isn't telling. It isn't acting as the repository of wisdom in which coaches dispense solutions and then dispatch them. Coaching is about drawing people out through inquiry, challenge and just the right amount of guidance.

The Benefits of Coaching

A Coach help creates a safe psychological space where people can explore hopes and fears without criticism or rejection. Coaches build a relationship where challenges and

ideas brought out into the open. Goals, objectives and plans are agreed that lead to positive change and improved performance:

- **Achieve challenging goals**
- **Improve skills**
- **Solve problems**
- **Put ideas into action**
- **Delegate more effectively**
- **Act more strategically**
- **improve personal productivity**
- **Achieve better work-life balance**
- **Improve working relationships**
- **Develop new thinking**
- **Increase confidence**

Next Steps

Coaching is driven by the individual and there is no set programme. To find out how coaching can work for you, please contact us for a no obligation discussion or meeting