

Performance Coaching

In this instance we worked to build an environment that provided the coachee with space and the freedom to explore their own thinking. The coach worked with them to challenge their perspectives of themselves and others in a structured and professional manner.

Providing a positive and supporting coaching relationship allowed the individual to define and develop meaningful goals that were both realistic and stretching. Enabling the coachee to work out the strategies needed to achieve the desired results they wanted with confidence and commitment. Following the coaching sessions the individual's work paid off and they secured the promotion they had sort after.

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