



# 1 to 1 Executive coaching

ACCELERATE YOUR **LEADERSHIP** IMPACT

The benefits of Executive coaching are well documented and research has shown that productivity can increase significantly as a result of new skills being acquired.

Research by the International Personnel Management Association has concluded that using coaching and training will increase **productivity up to 88%**.

In a competitive world this can put your team ahead of your rivals and improve your return on the investment in training.

Maximum benefit is achieved through the one-to-one coaching, helping your key people to fully utilize their newly gained skills. The coaching helps individuals to perform at their peak.

## Package components

- Meeting and co-ordination with line manager (start and end).
- 6 coaching sessions of 1.5 to 2 hours over 6 months or 10 shorter sessions depending on what is appropriate and works well for the client.
- Design of learning objectives and coaching programme.
- Creation of practices.
- Provision of coaching notes after each session.
- Support between sessions with sticking points and practical application.
- Check-ins on process and cycles of development.

## TERMS AND CONDITIONS

- Online or face to face