

What is it?

The word "coaching" has a literal meaning of transporting someone from one place to another. It empowers individuals to move forward and to create change in both a business and a personal context. Transformational Coaching guides the whole person in aligning their values, beliefs, skills and talents to set their own outcome, remove the blocks, take action and make it happen.

Who is it for?

Coaching is for individuals who desire clarity and courage because they are:

- Facing change
- Feeling 'stuck'
- Seeking to fulfill their potential

Our approach is great for anyone wanting to take a significant step in their development journey.

Content Covered

The role of the coach is to initially guide the client in getting absolute clarity about:

- What their desired outcome is
- Why they want it and what it will get for them
- Steps that will achieve their outcome
- What's getting in the way, and how to break through

The coach will then guide the client to summons the courage, passion and energy to achieve sustainable momentum towards their outcome, themselves.

The coach may offer other optional ingredients such as NLP techniques, Strengthsfinder®, MBTI® (Myers Briggs) or Values Assessment to guide the client in breaking through.

Learning outcomes

At the end of the coaching programme participants will have:

- A greater depth of self-awareness, embracing their values, beliefs, skills and talents
- Set their own outcomes and taken action
- Reflected on their actions, and learnt how to adapt to achieve their outcomes
- Learnt how to remove blocks with courage passion and energy

How it is delivered

Our one to one programmes typically consist of 4 to 6 monthly 2½ hour coaching sessions.

- With your organisation
- Individual arrangement
- Specialist programmes *available for and delivered by* Finance / IT / HR professionals



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Call us on: **01249 447774** or email: enquiries@nov8.biz. We'll get right back to you.

