

# Ready to go coaching packages



## Boosting Personal Resilience

In these unprecedented times more than ever does a leader need to boost their resilience. This coaching experience is designed to help leaders identify and focus on energy sources and how to channel them in optimal ways. The end result is reflected in the increase of personal results and satisfaction.



**Time:** 5 x 60 minute virtual coaching session



## Leading Change in Uncertain Times

Bringing about lasting organizational change is a leadership imperative, even more so in the Volatile, Uncertain, Complex, Ambiguous (VUCA) business climate. Great leaders can anticipate change, ask the right questions and determine the best path forward. This package is designed to achieve the right balance between personal and professional.



**Time:** 5 x 60 minute virtual coaching session



## Coaching My Team

Developing a leader's coaching skills is an extremely vital part of the path towards performance and resilience. Leading a team means that the focus is not on the leader but the team members. Their success is the success of the whole team. This coaching journey provides practical tool and hands on methodologies to achieve lasting results.



**Time:** 5 x 60 minute virtual coaching session