

Interested in knowing more about coaching?

Please contact me if you have further questions.

Helping you to form and achieve your vision of success is my mission when working with clients.

If you quote this brochure you can book a **FREE** initial session to see if coaching is the right thing for you.

If you go ahead, I will draw up a coaching agreement individualised for your particular needs.

Fees

Individual coaching is AUD\$80.00 per session.

Team Coaching is available on request.

If you are unwaged you may be eligible for a discounted rate until such a time as you are in receipt of a regular income.

Fees include

- 45-60 min session
- Email support between sessions
- Free e-newsletter

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Delivering Your Vision

Considering a coach?

 International Association of Coaches
Member

So what is coaching?

Coaching:

- is a well established method of enhancing work and personal performance.
- includes support to set meaningful goals and then strategies to assist you to meet them.
- is solution focused, results orientated and systematic as a process.
- can be applied in your professional or personal life on areas you wish to improve.

Your coach is not a therapist, or a mentor, but rather works with you to draw on your knowledge and solutions by using processes that assist you to find your own answers.

Your coach walks alongside you providing you support through active listening, careful questioning, providing honest feedback and assigning you homework.

Your life coach is your personal success trainer. Someone to work with you to meet your vision of success.

The benefits of coaching

The benefits of coaching include:

- Identifying clear goals;
- Working out success strategies that are personalised for you;
- Creating the personal or professional life you want;
- Performance enhancement;
- Being more self directed;
- Increased confidence in your own abilities;
- Being more efficient with your time, energy and other resources; and
- Actually meeting the goals you set for yourself.

Can work teams be coached?

Absolutely yes!

Coaching works for both individuals and teams, and can increase productivity in the workplace. It often also increases job satisfaction and a decreased need for management problem solving.

What Coaching is Available?

Coaching is available for both individuals and teams.

Individual coaching areas include:

- Career coach
- HR Coaching
- Communications Coach
- Writing Coach
- Life Balance Coach
- General Life Coach

Team Coaching in organisations is available for teams that want to raise their work performance and would benefit from a coaching style to achieve this. Fees are available on request.