

BUSINESS AND EXECUTIVE COACHING



TRUE LIVING
/coaching

True Living Coaching is dedicated to supporting individuals, teams and organisations to develop leadership potential, drive business growth and create lasting change.

We understand business and the challenges you face and work in partnership with you to develop a high-quality coaching program tailored to your individual needs.

COACHING

CONSULTING

Paid to come up with answers
Focuses on organisational performance
Strives for objectivity
Provides quantitative analysis of problems

Advises individuals on business matters
Involves management in goal setting
Based on organisational ethics
Paid for by the company

Focuses on the future
Focuses on individual performance in a business context
Helps executives discover their own path

Paid to ask the right questions
Tackles difficult issues at work and home
Focuses on individual behavioural change
Explores subjective experience

THERAPY

Focuses on the past
Diagnoses and treats dysfunctionality
Based on medical ethics
Paid for by the individual

Coaching is “a powerful partnership designed to enhance and progress human learning, effectiveness and fulfilment.”

OUR APPROACH

We take an individual strength based approach; however, a typical engagement involves the following assessments.

<p>SELF</p> <p>To understand the professional, business and coaching goals and reasons for coaching.</p>	<p>COACH</p> <p>Either an informal or formal assessment is conducted to gather information about an individual's values, behaviors, competencies, goals, interests, and potential opportunities for development.</p>
<p>MID POINT</p> <p>To track progress and to understand what is working well, what needs improvement, how can we do things differently and are we on track in accomplishing our goal/s.</p>	<p>FINAL</p> <p>To assess goal accomplishment and benefits to both the individual and the organisation, overall coach and coaching program and the individual's commitment and follow through.</p>

Our philosophy is based around understanding thyself, based on **Clarity, Insight, Direction** and **Action**.

OUR TOOLS AND ASSESSMENTS

We use a variety of tools and assessments based on the individual's needs. We prefer to use Everything DiSC when an external tool is required. It is a personal development assessment that measures an individual's behavioural style. It is designed to help an individual understand his or her behaviour in the workplace, understand the behaviour of others and how to use this knowledge in different work situations.

OUR CLIENTS CAN EXPECT

- Clarity, focus, motivation and accountability
- Relevant tools and techniques to help you achieve the outcomes that you desire quickly
- A judgement free, safe environment to foster open and honest dialogue
- A fresh perspective, options and possibilities
- New strategies and thought processes
- Powerful and thought-provoking questions to address the real issues
- Focus on what is really going on and identify what is most important to you
- Challenge – to stretch yourself and grow
- A sounding board for your ideas

OUR EXPECTATIONS

- Commitment to take action and follow through
- Be open to new ideas and thinking
- Be willing to think and act outside of your current comfort zone
- Be truthful and honest in regard to your current reality and how you feel

All engagements commence with a chemistry meeting. Additional assessments and check points may be included subject to the engagement including Manager and Team meetings.