

# INDIVIDUAL DEVELOPMENT COACHING



## Accelerate your leadership journey with personalised development

For many leaders, the most effective path to new levels of sustainable performance lies in Individual Development Coaching. A personal coaching program provides the opportunity to meet the specific needs of an individual through tailored content, either as a stand-alone initiative or as an extension to a development course.

Discover your potential and unlock new areas of performance as a leader with the tailored, focussed support of a highly effective one on one coaching program.

### Workshop Content

Built on proven, highly effective coaching modules, Individual Development Coaching programs are available to suit a range of leadership roles and requirements, including:

- Executive Coaching – structured for individuals seeking all-round development, aligned to business goals.
- Skills Coaching – focussed instruction to rapidly advance development of a specific skill area, such as communication, presentation skills, negotiation, media or selling.
- Situational Coaching – tailored support for specific situations and opportunities, including multi-party negotiations, keynote delivery, performance appraisal preparation and more.

### Learning Outcomes

**The tailored nature of individual coaching programs ensures the skills outcomes are aligned to each participant. Upon completion of a coaching program, participants will be able to:**

- Increase their level of awareness
- Enhance their understanding of skills and techniques
- Improve the application of learned skills
- Prepare written plans to guide development and action
- Increase confidence levels and improve resilience
- Benchmark, reflect and measure progress



#### Recommended Audience

Individuals seeking one on one development



#### Delivery

Face to Face (recommended) or Virtual



#### Course Duration

1-2 hour sessions, minimum 3 sessions recommended



#### No. of attendees

1

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