

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 of a development course.

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

Coaching Options

Built on proven, 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 – focused instruction to rapidly advance the 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 relative to the focus skill
- 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 for:

Individuals seeking one-on-one development



Delivery

Face-to-face (recommended) or virtual



Duration

1-2 hour sessions, minimum 3 sessions recommended.



No. of attendees

1

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