

1:1 Coaching

“There’s only one corner of the universe that you can be certain of changing, and that’s your own”. (Aldous Huxley)

What?	Time dedicated to you whereby you will be motivated, challenged and stimulated to achieve your goals.
How?	Through enabling individuals to acquire the knowledge, skills and techniques needed to perform effectively in their occupational role.
Who?	Professionals looking to develop themselves and work towards their individual ambitions.



FACT: Research carried out by the Chartered Institute of Personnel Development shows that coaching is one of the most effective tools for Leadership Development