

Coaching Style and Outcomes

Our style is less of a left brain transactional approach and more of a whole brain transformational one. We first challenge the long held patterns of thinking, feeling and doing to create the space for individuals to recognise and action new possibilities that are relevant to them and the context in which they operate.

What differentiates us in how we coach:

- We coach according to the context of the individual not being bound to a rigid process.
- We ask challenging questions
- We share our own personal experiences and stories
- We (attempt to) model an alternative perspective in our own lives
- We tell inspiring stories of other people
- We share thought provoking insights and models (our own and those of others)
- We create space for people to slow down and do some introspection (a rare thing in these busy times)
- We offer feedback

Outcomes

While coaching sessions impact in the area of leadership, relationship building, engagement, individual wellness and vitality, our coaching sessions are about catalysing change in individual perspective.

What can be expected for the **INDIVIDUAL** -

- A willingness to explore win-win solutions
- An ability to consider different solutions in the moment
- A willingness and ability to create clarity at crucial pressured moments
- Improved working relationships with colleague
- A less judgmental attitude to colleagues
- A greater capacity to deal with work-place stress and tension
- An improved ability to listen and communicate

An increased sense of:

- **Autonomy** – the urge to direct their own life,
- **Mastery** – the urge to get better and better at what they love doing, and
- **Meaning** – the urge to do what they do in service of something bigger than self
- An increase in engagement with life
- An increased sense of authenticity and personal integrity
- An increased ability to influence growth in others

