



ExecPro 1-2-1™

- Our entry level Executive Programme is popular for ensuring swift improvements in performance, to fundamentally move people forward and achieve their goals and objectives.
- The **ExecPro 121** sessions are tailored to the individual client and designed to ensure results.
- Coaching will deliver changes in behaviour and lasting results, because the coachee has more awareness to their level of ability and takes ownership and responsibility for their performance.
- Coaching can help to resolve conflict, integrate teams and leads to improvements in:
 - Working relationships
 - Interpersonal skills
 - Communication skills
- What is included in the programme?
 - Pre-engagement meeting for 45 minutes
 - Ten coaching sessions (1 hour each) – either face-to-face or by telephone

Testimonials

- “Improved my confidence in my management role”
- “After sessions of coaching I feel so positive about what I can do and have realized the only person stopping me achieving my goals is me”
- “I have learnt to deal with stress, difficult people, and to explore other avenues when problems (no, my new word - situations !) arise”

Call **Today** to tailor a coaching programme to suit your needs...Perceptions Coaching – improving people’s performance in 2006...!

improving performance...

Tel: 01206 562367 Mob:07919 522246

www.perceptionscoaching.co.uk

e-mail: sales@perceptionscoaching.co.uk