



ExecPro GOLD™

- The **ExecPro GOLD** delivers improvements in performance, by helping individuals to take more responsibility and ownership to achieve their goals and objectives.
- The **ExecPro GOLD** sessions are tailored to the individual client and designed to ensure results.
- **ExecPro GOLD** will deliver changes in behaviour and lasting results, because each individual has more awareness to their performance and buy-in is attained through the individual taking greater ownership.
- Through the process of **ExecPro GOLD** the individual identifies any limiting factors that are affecting their performance. These limiting factors are then addressed through the coaching and overcome by the individual to deliver the desired outcome.
- During the **ExecPro** programme trust and rapport builds between the dedicated coach and the individual, allowing a mutually beneficial relationship where the coach can comfortably challenge the individual and hold them accountable for their commitment and actions.
- All individuals on the **ExecPro** programme will be setting powerful goals and will explore the benefits of achieving their desired outcome, to ensure they are motivated to attain a sustainable level of performance.
- During the **ExecPro GOLD** programme each individual's performance will be reviewed - any variances are evaluated during the one-to-one sessions with their dedicated coach, to ensure the level of commitment is maintained and the actions taken are achievable.
- What is included in the programme?
 - A two hour pre-engagement meeting
 - Ten coaching sessions (1 hour each) – either face-to-face or by telephone
 - A Personal Coaching Journal to record goals, outcomes, learning points and results
 - A personalised coaching completion certificate

Testimonials

- “Improved my confidence in my management role”
- “After sessions of coaching I feel so positive about what I can do and have realised 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”

improving performance...
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