

The Coaching Journey



Below the Line

Elite-level performance coaching

We see coaching as the process of connecting people more deeply with their own resources in the pursuit of established and worthwhile outcomes. In order for this to happen we believe firmly in meeting you where you are right now and working to help you uncover and make sense of your story and how it is playing out for you in the context of your career, your business and your life.



The Coaching Journey usually looks this:

1. Curiosity

It starts with you. Perhaps you have a question that you are looking to answer, or maybe it's a feeling that you could be getting better results in an area of your life, business or career and you have reached a point that you are curious enough to want to explore and understand yourself on a deeper level in order to get different outcomes to the ones you have been getting up until now.

2. Crossing the Threshold

Once you are curious enough your next step is to begin the process of looking for a coach – the right person to help you with your goals and ambitions.

3. Chemistry

The secret to a fruitful coaching relationship is chemistry – do you like, get on well with and resonate with the person who you are taking on as your coach? Chemistry between coach and coachee is so important and we encourage our clients to speak to a number of coaches to make sure that they find the right coach for them.

4. Coaching Sessions

It's up to you how many sessions you want to do. Some people choose to do one others prefer to put a plan in place that will include 6 -8 sessions over a 12 month period. Our guidance is to simply follow your gut – you'll know how many sessions are right for you, how frequent they should be and what time of day works best, etc.

5. Conclude or Continue?

Some people like to engage a coach for a period of time, others like to work with a coach on a continual basis. You'll know what's right for you once you get into the process.

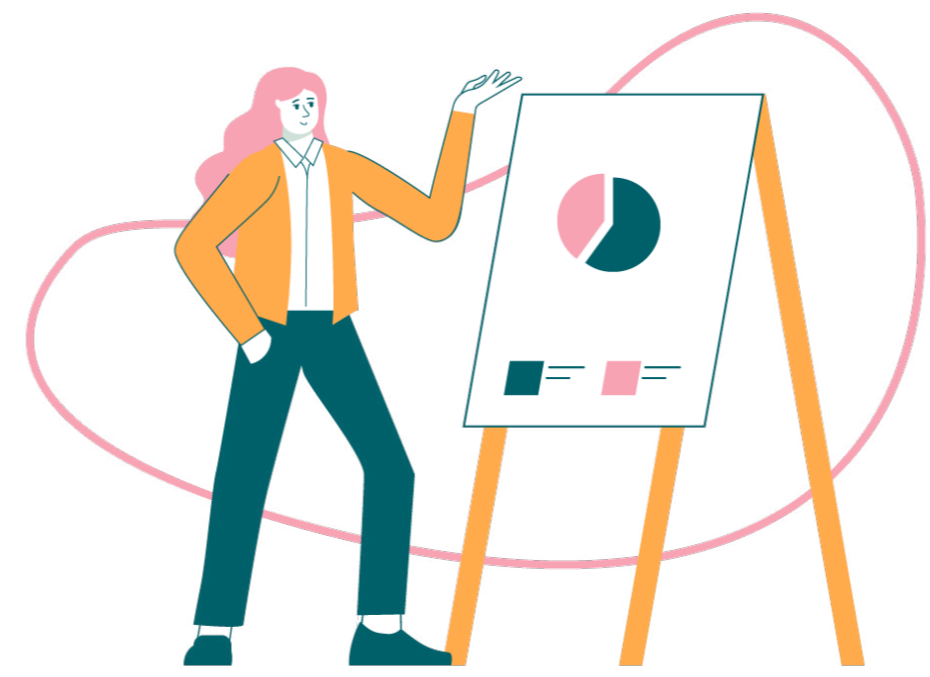


The Typical Coaching Journey:

- A 'chemistry' meeting to allow both parties establish each other and fit.
- Six to eight one-to-one meetings over eight to twelve months
- Sessions are usually 90 mins, one to one either virtually or in person
- Psychometric Profiling – using tools such as Belbin, EQi, Strengthscope, etc

Outcomes you can expect

- Clarify the issues
- Define a path
- Fresh perspective and insights
- Peace of mind
- Take necessary steps towards action
- Make changes, modify behaviours and improve your performance
- Be held accountable for actions, targets or goals
- Be challenged in a healthy and positive fashion



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**Let's discuss what
programme would
suit your needs.**

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