

# Personal Coaching

## Objective

We all have the capacity to change our current perspective and transform problems and challenges by examining them from different angles. How does one develop this fundamental skill for living successfully?

Professional individuals careers and personal lives now have the ability to recognize and develop themselves in areas of life to attain their full potential.

A Personal Coach works with in individual to achieve that “potential”. Coaching facilitates mobility towards the desired destination and accomplishment of personal goals.

## Process

### Pre-development

- Relationship Agreement based on Confidentiality Individual Strength and Gap Assessment

### Implementation

- Target Setting
- Action Plan
- Resource Identification
- Review cycle

### Evaluation

- Achievement of Action Plan
- Ongoing development

