

Executive Coaching: Online

One 2 One Confidential Support

For people with busy lifestyles we offer online coaching options to help you move forward and achieve your objectives. There is the option to work with us via SKYPE, Zoom, WhatsApp or Facetime - whatever works best for you. Your progress will be monitored on a regular basis and we will make adjustments to your personalised coaching programme where applicable. All programmes will be paced to suit the individual.

Contact time can vary for online executive coaching with a minimum requirement of 9 hours over 6 months required. Our reason for this strict guideline is, through years of experience we recognize that behaviour change is not a straight-forward process and can be time and energy consuming. Ultimately, we want to help everyone we work with achieve sustainable results, therefore we are very specific with whom we work with and do not support people who are looking for shortcuts or quick fixes.



A hugely powerful method we often employ for executives who really want to be challenged includes:

- Interviewing other people in your domain who are influential
- Deploying a 360 feedback assessment
- Observing you conducting business meetings, interviews or presentations
- Having you complete a series of self-assessments

Feel free to get in touch, we can be contacted on:

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