

VIRTUAL COACHING



Coaching	We offer our traditional, 1-2-1, Executive Coaching simply online instead of face to face. In addition we offer both non-directive & directive coaching options for 1-2-1 sessions or small group coaching sessions
Duration:	45-90 mins
Participants:	1-4
Available topics	<p>For one to one Executive Coaching we would offer a FREE rapport meeting to assess the specific needs of the coachee before embarking on the coaching sessions</p> <p>For our Directive Coaching, we can offer sessions on all aspects of Management and Personal Development, including</p> <ul style="list-style-type: none">• Personal Impact• Motivating Self & Others• Managing Effectively• Managing Change• Presenting with Impact• Mentoring