

Cognacity's Coaching Options

IMPACT COACHING

WHAT IS IT?

- One-off coaching session - An effective, practical, time-efficient and budget-friendly option!
- Supports individuals set and follow through with work-related goals.
- Effective as regular check-points throughout the year for your entire team.

WHO IS IT FOR?

- Anyone with an immediate goal who needs some guidance to actually make it happen.
- Especially great as a follow-up to our resilience workshops to turn training into action.

WHAT ARE THE TAKEAWAYS?

- A personalised plan of action to achieve goals and marginal gains.
- An understanding of personal barriers and ways to overcome them.
- The confidence to make change happen!

PERFORMANCE COACHING

WHAT IS IT?

- Blocks of 5 coaching sessions - A deep-dive coaching option.
- Individuals explore their values and barriers to action.
- Learn skills to overcome obstacles and achieve work-related goals.

WHO IS IT FOR?

- Anyone with work-related goals who needs personal and ongoing support to reach full potential.
- Individuals who want to make lifelong changes in performance, resilience, work-life balance, engagement with work or leadership skills.

WHAT ARE THE TAKEAWAYS?

- Answers to the question "What drives you?"
- Skills to overcome barriers and take action.
- A personalised plan of action to keep you on track.
- The ability to "self-coach" to continue to thrive in the future.

CLIENT TESTIMONIAL

“ I have made step changes in my life, seen and felt the changes and my learning will stay with me for life. ”

GET IN TOUCH!

If you want to speak to us about your coaching, wellbeing or performance needs, please get in touch!