

Coaching for Everyone

At Intellect, we believe that coaching is for everyone, and we see coaching as a life improvement process and to enhance any aspect of the self, wellbeing, mindset, and success.

You could be looking for practical ways to manage personal matters, career or professional areas, or need guidance in clarifying your values, goals, and purpose - the process of coaching is focused on your goals.

In this session, we'll explore how coaching can unlock sources of imagination, productivity and leadership and maximise your potential - personally and professionally.

Learning Objectives

- What is coaching
- Why should I use coaching: How it helps you achieve your desired outcomes
- Application: How to get started with coaching

Content Outline

What is Coaching?

- Benefits of Coaching
- Impact and Results
- Coaching vs. Therapy vs. Mentorship

Why Should I Use Coaching?

- Practical and Reflective Benefits of using Coaching
- Utilising Coaching for Success
- What to Expect on My First Session?

How do I get Started?