



What We Do / Consulting Services / Coaching

Coaching

Develop and maximise leadership potential with one-on-one or telephonic coaching for business professionals.

The major objective of business coaching is to improve an individual's performance and effectiveness in business. Coaching supports and guides the achievement of individual goals and may be used, for example, to help resolve under-performance, develop emotional intelligence, build assertiveness and improve time management.

Benefits

Coaching benefits individuals both personally and professionally by focusing on specific areas of need:

- Develop problem-solving skills
- Improve managerial and interpersonal skills
- Gain confidence
- Increase self-awareness
- Reduce stress levels
- Enhance work-life balance

Some of the many direct benefits to the organisation:

- Improve productivity and quality
- Increase retention by demonstrating commitment to employee development
- Develop individual's ability to cope in a new role with increased responsibility
- Support employees transition to senior positions
- Develop management / leadership skills within the organisation

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