

PROFESSIONAL COACHING

Our Approach



**“WHAT WE FEAR DOING
MOST IS USUALLY WHAT
WE MOST NEED TO DO.”**

RALPH WALDO EMERSON
19TH CENTURY AMERICAN PHILOSOPHER

It is extremely hard for talented, high performers to stay motivated, striving for improvement over the long term. For those with the true motivation to bring about change in themselves in order to reach a higher level of impact at work or greater self actualization and transcendence in their lives, we can help.

CHARACTERISTICS OF COACHES WHO FAIL

Reassuring you of our commitment to results

They have not done the hard work on themselves and lack self-awareness

They seek issues to “fix” in their clients

They become an indispensable crutch, validating their clients’ concerns

They allow their clients to abdicate responsibility for change to the coach

They do not listen or seek to understand

They talk too much about their own experience

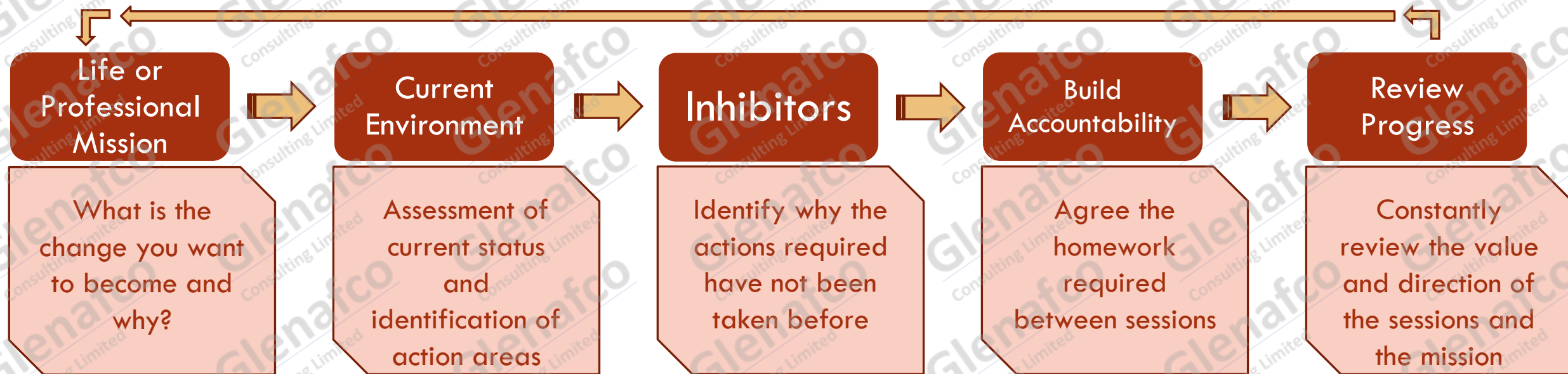


OPENING MINDS TO A WORLD OF POSSIBILITIES AND OPPORTUNITIES THROUGH CHALLENGING DISCUSSION

The simple fact you're considering a coach is a great first step to taking action in the area of your life that you want to address. Working with you, we will harness that desire and support you through a challenging journey of change.

GLENAFCO'S SIMPLE FIVE STEP PROCESS

A coaching model for results



Inevitably, this process is completely customized to the coachee, but the framework remains the same. If the commitment exists with the client to deliver their change, a willing and empathetic coach will be fully invested in supporting your journey.

BENEFITS YOU COULD REALISE FROM OUR COACHING

Self Actualisation



You will increasingly feel completely empowered in your life to pursue your goals and priorities with a level of personal congruence that will deliver endless satisfaction to you. Will you then be ready for the NEXT step?

Increased Self Belief



Working with us, your confidence will grow as you achieve your goals, relighting your passion and enthusiasm for progress and development and diminishing the impact of negative beliefs that have held you back.

Unblocking Issues



Addressing the very reason that brought you to us, we will work with you to reveal the core challenges to address to help you achieve your goal(s).

INTRODUCTORY COACHING PROGRAM

Session	Duration	Purpose	Cost
Introduction	30 minutes	For the coach to determine the client's commitment and for the client to assess the coach's goodness of fit to meet their needs	FREE
Mission	45 minutes	To work through the challenges the client brings, unpack them and understand the ultimate goal in addressing them. Set up next session.	£600 + VAT
Status	45 minutes	Review of the client's homework on assessing their current status and where the work and the effort needs to be directed, in line with the mission. Set up next session.	
Barriers & Accountability	45 minutes	Discuss the actions taken and explore the rationale for barriers that may have prevented us from being fully effective. Seek commitments in line with the mission,	
Review	45 minutes	Revisit the mission and challenges and recognise the progress to date. Agree what worked well and what worked less well. Agree next steps.	

We prefer the introductory coaching program to be conducted face to face as the establishment of the relationship is a critical success factor in you realizing the benefits. Final content will be determined based on the situation. Travel expenses may apply.

THANKS FOR YOUR TIME.

REGARDLESS OF YOUR DESIRE TO PURSUE COACHING WITH US, WE WISH YOU THE VERY BEST OF SUCCESS IN THE FUTURE.

PLEASE CONTACT US FOR MORE INFORMATION.

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