

Gladeana McMahon

One Year Transformational Coaching Programme

Now and for the future

Who is it for?

This programme is for CEO's, Directors, and senior managers or for anyone who wants to set a successful career path both now and for the future.

Whilst shorter term coaching contracts target specific issues leading to successful outcomes, a percentage of clients go on to either extend their coaching programme or return at a future date to deal with other issues. Time limited coaching by its nature cannot work in every area an individual would find value in addressing.

I have therefore developed an offering which provides clients with all the skills, strategies, attitude development and techniques they require to ensure maximum effectiveness as well as sustainable resilience and well-being not just currently but to ensure future success.

If you want to engage in challenging yet supportive coaching programme that will stretch you in many areas, then the Transformational Coaching Programme is likely to be for you.

How Does the Programme Benefit You?

Topics that can be covered during the One Year Programme:

- Executive Presence and Personal Branding
- *Strategic Thinking Skills*
- Political Awareness and its management
- *Effective Communication strategies*
- Effective Leadership skills
- *Adapting to new roles and transition*
- Change Management
- *Working in a global culture*

- Interpersonal Board and Team Management skills
- *Talent Management strategies*
- Behavioural Change
- *Meaning and Purpose*
- Personal Development
- *Conflict Coaching*
- Resilience and Well-Being including work/Life Balance,
- *Developing Confidence*
- Managing Difficult emotions such as Anger
- *Overcoming Perfectionism and negative thinking.*

During the programme we work collaboratively to ensure you set the agenda to gain what you need from the coaching programme. The above is just a guide for those topic areas that others have found useful that could set you on the path to success.

Why a One Year Programme?

This programme provides a greater return on investment for individuals and organizations. For less than a standard coaching package individuals have the opportunity of receiving three times the value. With unlimited coaching, you have the time to not only develop new skills, attitudes and behaviours as well as hone existing strengths but to truly embed your learning. This programme is a life changing future orientated, career and life transformational offering. The programme provides organizations with leaders that are capable of adapting to future challenges cutting down on the costs of future coaching interventions.

What Does the Programme Include?

	Executive Coaching Programme	Dedicated Coaching Package
Length of programme	6 months	12 months
Hours face to face coaching, telephone or Skye coaching	12	Unlimited

Dedicated Leadership Coaching	Upon Agreement	Yes
Diagnostic session with HR/Line Manager/Client followed by Chemistry meeting between Coach and Client	Yes	Yes
Behavioural Contracting to identify agreed objectives and measurable outcomes. Liaison with HR/Line Manager/Client.	Yes	Yes
Agreed feedback requirements in liaison with Hr/Line Manager/Client	Yes	Yes
Materials/Telephone/Skype/email support	Limited	Unlimited
Access to Psychometric/profiling tools, including 360 feedback	No	Yes
Team consultation – verbal/180 feedback session	Yes <i>1 coaching session used for this</i>	Yes
For individual coaching as part of a multiple programme, final wash-up session on common themes, non-confidential feedback	No	Yes
Additional sessions	£650	None
Price <i>All are subject to VAT and payable in accordance with our standard terms and conditions</i>	£5,200	£8,000

What's Next?

If you are interested in finding out more about how the One Year Transformational Coaching Programme can benefit you or your organization the next step is to contact me. We would then set up a time to discuss your requirements and to find out whether this offering is right for you.

You can contact me at:

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