



High Performance Coaching

One-to-one Performance Coaching empowers people to become the best version of themselves. When working with an executive performance coach, your people will realise their potential and return to the workplace motivated, focused and more confident of their abilities.

This programme has been designed by The Colour Works.

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Content

Performance Coaching

Session one:

- The chemistry session – establishing boundaries, goals and terms of reference

Session two:

- The Discovery profile and how to work with the results
- Unearth blockers and rebuilding the focus
- Action-planning and commitments

Session three

- Celebrate successes and understand remaining challenges
- Build on the learning and move towards achieving new goals

Impact

- Talent
- Awareness
- Commitment

Outcomes

By the end of a coaching programme, the coachee will have gained a deep insight into who they are, what drives them and might be holding them back. As a result, they will have established a robust personal development plan to spur them on to achieving their potential.