



nucleus of change

Empowering people for a sustainable change

What is included?

- Complimentary Trial Meeting
- Initial assessment
- 3 * 60 minutes** Coaching sessions per month face to face, by telephone and Skype
- **Flexible** solutions for busy people.
- Email support
- Coaching "contract", including high-level objectives
- **1 hour** Mid-assessment
- Access to auto-coaching tools & techniques
- **1 hour** Follow up session 3 months after the end of program

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NOC Personal Coaching program In English & French

In the past Coaching was used as a remedial tool. This is no longer the case today as Smart people and high achievers understand they can do even better with a personal coach in the same way as any sport champion. This explain the current popularity of coaching programs in the workplace but also in personal life.

Your challenges

- Are you at a crossroads, looking for a new direction but not sure were to go next?
- Are you afraid to change your current unsatisfying job to enjoy a more fulfilling one because uncertain if it is the right decision?
- Do you want to become self employed but have no clue where to start and have no business idea?
- Do you want to explore your options for the future in a safe and confidential environment?
- Do you want to meet new challenges with enthusiasm rather than fear?
- Are you fed up to live a meaningless life when you know you could do far more better?
- Are you near the retirement time and would like to explore your alternatives sources of joy, fulfilment or income?
- Do you want to explore the best ways to use your time when you retire? (voluntary work, part time job, consulting, hobby, class, association)

You probably recognise some of the current issues in your life. The answers are not always the same and everybody is unique. Now is the time to make the decision to take the first steps towards what you truly want to achieve in your life.

The **NOC Personal Coaching** program has been designed for busy individuals as you who find it difficult to pause and reflect about their dreamt life. With the assistance of a personal coach with no hidden agenda, totally dedicated to your success you can achieve easily your dreams including those you kept buried for decades.

Benefits of the NOC personal coaching program

The **NOC Personal Coaching** program has been specially designed to empower, encourage and inspire individuals to move through transitions in their life. This will give you the safe and supportive framework to:

- Define and clarify your life direction and aspirations (reflect on your vision, mission, values and goals)
- Identify limiting beliefs, unhelpful patterns and behaviour which prevent you to achieve your dreams and take action
- Shift your beliefs, expand your worldview, change attitudes
- Clarify what you really want and how you might realistically achieve it by defining clear and SMART goals and prioritise them
- Increase self-awareness, grow and develop new skills, expand your options in any given situation
- Develop a compelling action plan and execute it
- Learn techniques to build new empowering patterns and behaviour
- Learn to communicate better with yourself and with others
- Access non explored resources and unknown potential
- Enjoy a balanced professional and personal life for a happier life

Approach-methods

As a coach and change practitioner my role is to put my clients in the situation where they could assess all the important questions, their main strengths and weaknesses, their priorities in order to choose with freedom and clarity the best way to develop new skills, achieve peak performance or balance work-life.

Attention, active listening and powerful questioning are used to identify the issue and perception of the client, to put them in their context, and bring to light personal resources and solutions. Clients are encourage to engage in reflective thought. This is a safe and supportive environment in which the client is stimulated to explore new ideas, feelings, and behaviors. A range of tools is used to unlock the client potential.

The privileged coaching relationship is built in a professional and confidential environment. There is a total transparency, no judgment, absolute respect and honesty.