



My goal:

I want to decide what my strategy and my action plan will be, so as to achieve one of my life or business goals.

Coaching result:

Through the system that «γνώθι σεαυτόν» know thyself coaching implements, you develop your strategic plan and your detailed action plan with milestones, phases and individual actions per phase, in order to gain a clear picture of how you will be able to go from point A (current situation) to point B (target).

A+

System used:

"The Results Coaching Strategy
Framework"

by NeuroLeadership Institute

Milestones in our journey:

1. We define the starting point of the goal
2. We create a vision of where you want to be
3. We explore options and choose the best way forward
4. We create a plan to achieve the goal
5. We implement the plan
6. We monitor our progress and adjust as we go
7. We celebrate what you have achieved

When group, working in pairs included.