



## BASIC COACHING PACKAGE

- FOR WHO? –** Professionals with at least three years of experience looking to reinvent themselves, move up to an upper management role or strong some specific leadership or commercial skills.
- GOAL OF THE PACKAGE –** The Basic coaching package is 100% practical and formulated to provide professionals with essential knowledge and tools to pursue executive roles or manage specific challenges.
- COMMITMENT –** 2 months
- INCLUDES**
- 6 live coaching sessions (6h) – via zoom or face to face (see plan next page)
  - 10 different frameworks
  - Introduction meeting free of charge
  - DISC assessment and debrief
  - Complementary readings
  - Complimentary commercial toolkits
  - Live support via WhatsApp





## DETAILED COACHING PLAN

## BASIC COACHING PACKAGE

		Coaching Session
<b>Week 0</b>		Introduction
<b>Week 1</b>	<b>CSB1</b>	Core values & SWOT, vision & mission
<b>Week 2</b>	<b>CSB2</b>	Personality – DISC debrief
<b>Week 4</b>	<b>CSB3</b>	Influencing & effective communication, management of conflict
<b>Week 5</b>	<b>CSB4</b>	Personal branding and value proposition
<b>Week 6</b>	<b>CSB5</b>	A la carte*
<b>Week 8</b>	<b>CSB6</b>	Wrap-up, action plan, goals evaluation

\* The client can choose among the following topics:

- Delegation and time management
- Decision-making process
- Negotiations
- Commercial & managerial skills
- Looking for a new role
- Powerbase and internal politics

