



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 –** 10 weeks
- WHAT IS INCLUDED?**
- 6 live coaching sessions (6h) – via zoom or face to face
 - 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
Week 0		Introduction
Week 1	CSB1	Core values & Personal SWOT
Week 3	CSB2	Personality – DISC debrief
Week 5	CSB3	Influencing & effective communication, management of conflict
Week 7	CSB4	Personal branding and value proposition
Week 9	CSB5	A la carte*
Week 10	CSB6	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