



FLEX 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 Flex coaching package is 100% practical and formulated to provide professionals with essential knowledge and tools to pursue executive roles or manage specific challenges. It allows you to pick and choose five topics you want to strengthen.
- COMMITMENT –** 12 weeks
- WHAT IS INCLUDED?**
- 7 live coaching sessions (7h) – via zoom or face to face
 - 12 different frameworks
 - Introduction meeting free of charge
 - DISC assessment and debrief
 - Complementary readings
 - Complimentary commercial toolkits
 - Live support via WhatsApp



DETAILED COACHING PLAN

FLEX COACHING PACKAGE

		Coaching Session
Week 0		Introduction
Week 1	CSA1	Core values & personal SWOT
Week 3	CSA2	Personality – DISC debrief
Week 5	CSA3	A la carte*
Week 7	CSA4	A la carte*
Week 9	CSA5	A la carte*
Week 11	CSA6	A la carte*
Week 12	CSA8	Wrap-up, action plan, goals evaluation

* The client can choose among the following topics:

- Delegation and time management
- Decision-making process
- Negotiations
- Role-play exercise (negotiations)
- Commercial & managerial skills
- Looking for a new role
- Powerbase and internal politics
- Leaders dashboard
- Influencing & effective communication
- Management of conflict & difficult conversations
- Moving to a new location