



Perspectives Coaching by Eglinton








Are you looking to improve your leadership and performance?

Perspectives Coaching by Eglinton is a 6 to 12 month coaching programme which will facilitate your learning and development and improve your performance. Perspectives Coaching will allow and equip you to find your own solutions, develop your skills, modify your behaviours and change attitudes that are not supporting your goals and ambitions.







A structured approach.....

Over your Perspectives Coaching programme you will go through a number of different phases of coaching:

-  360° feedback
-  Introduction and Goal Setting
-  Exploration
-  Growth
-  Action Planning



Your Perspectives Coaching programme will start with on-line **360° feedback** using our Leadership Behaviour Framework. You get the opportunity to invite feedback from your manager, colleagues, staff and should you wish your customers as well as doing a self assessment against a set number of behaviours in the following areas:

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|--|--|
|  Leadership |  Communication |
|  Relationship management & personal impact |  Results driven |
|  Decision making & problem solving |  Personal effectiveness |

The next phase is **Introduction and Goal Setting** which may take 1 or 2 meetings with your coach to explore your 360° feedback and set goals for your development. Meetings 3 and 4 take you into the **Exploration** phase building your self awareness further and helping you to explore your current situation in greater depth. We use a number of different tools and your coach will advise on the ones he/she feels you personally would find most useful.

Meeting 5 to 8 take you into **Growth**, these coaching sessions will help you to build the skills and knowledge or contacts you need to achieve your goals. Your Action Planning session, meeting 9, will focus on moving forward towards your vision, setting timeframes and identifying the support you may require along the way.

Finally, you and your coach will meet to review your coaching goals, and your joint coaching contract and close the coaching programme positively.

If you are you looking to improve your leadership and performance, what you get with Perspectives Coaching by Eglinton, is a 6 – 12 months programme, 360° feedback, and 10 focused and tailored coaching meetings with a selection of development tools to help you to meet your own specific goals.

Price: £3000 plus VAT

