



TeamLife One-on-One Coaching

Confidential Respectful Conversations

What is Coaching?

Coaching is a private structured conversation about getting clear on what's important for you and exploring possibilities on how to bridge the gap from where you are now to where you want to be.

Purpose

A professional, collaborative environment to 'unstuck the stuck'. Coaching uncovers great strategies to support clients in having a great compelling future.

Outcome

To support individuals on moving forward that's authentic to their model of the world – To make progress in a way that is respectful to their own identity, values and beliefs.

Structure

Usually sessions are in a private room with a typical duration of one to two hours. The timing, duration, confidentiality and payment terms are usually agreed during the contracting phase either prior to, or during the first coaching session.

Challenges where TeamLife have already supported coaching clients

- **Business** – Business Growth, Professional Development & Leadership for Senior Staff. Expert Positioning.
- **Personal** - Resolution of Phobias, Confidence Building, Overcoming Bereavement/Trauma, Past Hurts and Abuse, Career Planning, Interview Preparation, etc.

James Martin, Business Mentor & Peak Performance Coach

James Martin is an international trainer in the area of personal & professional development, group coaching, leadership and career planning. He has coached clients on four continents - CEO's, Global HR Directors, Company teams, staff and individuals. His skill revolves around uncovering the true strengths and talents within the client to support them in realising their full potential. James is a qualified personal & Executive coach, professional motivational speaker and career advancement specialist.

“After climbing a great hill, one only finds that there are many more hills to climb.” Nelson Mandela

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Business Growth Specialists: Business Owners / Executives, Teams, Senior Management
Experts in Personal & Professional Development: Group/One-on-One Coaching & Mentoring