



IMPACT COACHING PACKAGE

Delphinus offer high impact, solution focused coaching for individuals who want to progress and develop and recognise that coaching can facilitate their progress efficiently and effectively. We work to support individuals and teams to identify how they can increase their performance, develop and maintain the skills required and apply and embed them into their everyday requirements.



WHAT WE DO/ OUR COMMITMENT TO YOU

- Brief Coaching Intervention
- Solution Focused
- Identify where you want to be
- Resolution to meet your goals (challenges)
- 9 hours One to one sessions
- First session guaranteed face to face
- Unlimited email support
- Phone support in between sessions
- Support sustainable change through action

Impact Your
Performance
in 9 hours

WHAT YOU DO/ YOUR COMMITMENT TO

- Realise you have a short term issue
- Motivation to resolve the issue
- Commit to your sessions



IMPACT CASE STUDY



SUE IN 9 HOURS

THE ISSUE

- One negative delivery in a presentation knocked her confidence and ability to deliver there after

THE PROCESS

- Looked at how she behaved and reacted around the issue
- Identified her feelings to the issue
- Clarified the goal and where Sue wanted to get to
- Identified more than one resolution
- The solutions came from Sue's existing abilities and skills
- Inaction with the solution to embed the change

THE RESULT

- Confident presentations and training delivery
- Small changes working in enhanced performance

"It gave me the determination to change the way I usually react to things... Changing your inbuilt default settings is not easy, but.... I have given myself permission to achieve what is possible"

INVESTMENT: £1,035 PLUS VAT

BRIEF, CONCISE, EFFECTIVE