

# Coaching for Success

Coaching facilitates growth and change in an individual's behaviours.

This encourages a positive long-term and measurable transformation where successful business and/or personal outcomes and objectives can be achieved.

## Coaching for Success

There are things we are 'doing' and things that we 'know', but the mark of a great leader is knowing who they are 'being'. Authentic Leadership is all about a high level of self-knowledge and awareness. It's hard to gain this understanding in a class room, reading or online. One-on-One coaching is the fastest and most effective way to develop self-knowledge and awareness for authentic leadership. Support and understanding is required as an individual tests themselves and their, sometimes, long held beliefs about themselves and the world around them.

Career Life Transitions is about supporting managers turn themselves into authentic leaders, a sometimes tough journey of self-discovering and of testing personal and social assumptions. If you hadn't considered coaching as a self-development option, now is the time. The next battlefield for organisation will be fought over talent and great leadership.

## Why Coaching?

- To develop further skills (for current role)
- In preparation for promotion
- To adjust and refocus behaviour that may be having a discouraging effect on the team or business

## Benefits of Coaching

- It provides for One on one specific and targeted support and development
- Adds value where specialist knowledge and targeted action is required
- Individual progress can be measured and tracked
- A bond develops between the coach and coachee which allows for much deeper and meaningful conversation and development
- There is an observable return on the investment for the individual, the team & the business
- A positive personal & professional transformation is achieved

“Career Life Transitions Leadership Coaching program is rewarding from a developmental perspective. My coach is proving an immeasurable amount of help and guidance during a very important transition in my career, and has helped me grow both professionally and personally.

The program is amazing. Using Career Life Transitions program really highlights your strengths and weaknesses, and gives me the direction I need to decide which pathway to take.

Career Life Transitions has altered the course of my career.”

— Gavin: Aeronautics Ind.

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