



## Performance Coaching

*Coaching is a process by which an individual is helped to arrive at their own solution to a problem or challenge and encouraged to take action to change.*

### Rationale

For most people in organisations, personal objectives are embedded into their daily routine; achievement of those objectives is linked to personal and organisational success. In the day-to-day, frenetic activity of working life, it is sometimes easy to lose sight of what is important which can lead to a drop in personal performance. One-to-one coaching can help to re-focus activity and regain self confidence. Whilst many organisations have a network of internal coaches, there are times when an external coach can be more effective; for example when confidence, sensitivity or objectivity are key factors.

### Target Audience

Anyone with personal development challenges or performance issues

### Duration

A typical programme lasts for 6 x 1.5 hour sessions over a 6 month time frame.

### Level Seven Coaches

Our coaches are experienced and qualified. They work at any level in the organisation. The key factor that facilitates a successful coaching relationship is the 'chemistry' between coach and coachee. A chemistry meeting is held prior to any coaching programme being undertaken. All our coaches are in coaching supervision themselves in order to keep their skills, knowledge and approach up-to-date.

### For further information please contact:

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