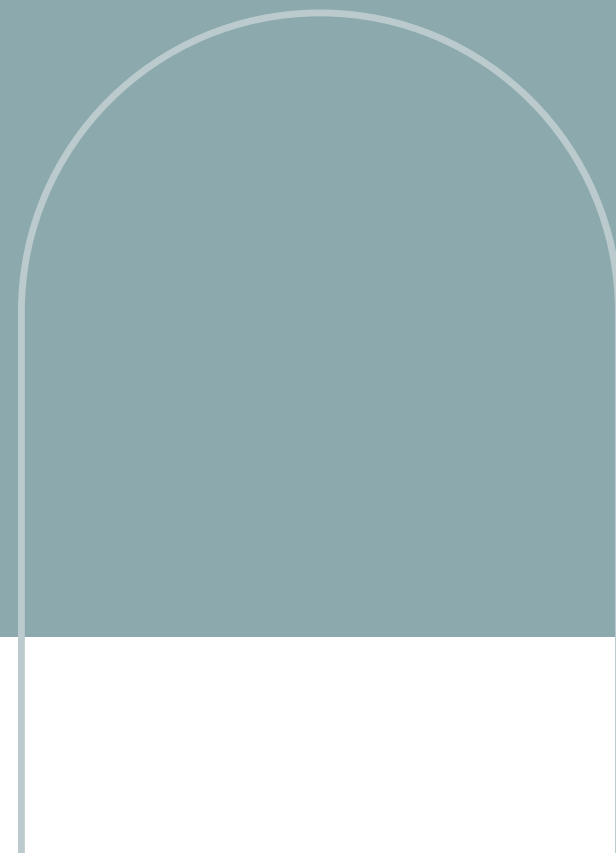


M **O** **M** **E** **N** **T** **U** **M**

**COACHING WITH US.
WHAT IT LOOKS LIKE.**



Coaching is recognised as the most powerful aid to accelerating leadership and management performance.

It's hardly surprising that, when asked, almost 100% of senior executives said they would welcome coaching to enhance their development.

But coaching isn't only for senior management, coaching has now been embraced as a professional development tool for everybody in an organisation.

From high potentials and new managers, right the way up to board-level.





01.

DISCOVERY

An initial chat to get to know you, and for you to get to know us and how we work.

02.

DECIDING ON THE COACH

Chemistry helps, and it is important for you to be happy with the right coach.

03.

CADENCE

Usually, breakthroughs do not come straight away, but over the course of several sessions over time. (usually 6-8)

04.

CHECK INS AND UPDATES

We will always make sure this all feels right for you. After all, this is your journey, not ours.



**OUR
PROCESS**

MOMENTUM

**WHAT COACHING
GIVES YOU.**

ROOM TO BREATHE.

Away from the daily grind, a leader finds the space – physically, emotionally and mentally – to reflect.

This pause gives you the space to seriously consider the mindset you are in and the actions you've taken, and uncover ways you can change course if necessary.

A photograph of two women in a professional setting. The woman on the left, with long brown hair and wearing a leopard print top, is gesturing with her hand as if speaking. The woman on the right, with long red hair and wearing a white blouse, is sitting at a table, leaning forward with her chin resting on her hand holding a pen, listening intently. The background is a blurred office environment with shelves and a computer monitor.

A SOUNDING BOARD.

A coaching session is an opportunity to explore new approaches to leadership.

Whether as a group or in a 1:1 conversation, it's a chance to talk through potential scenarios and discover outcomes that may come as a pleasant surprise.



FRESH PERSPECTIVES.

Often, people need to dig deeper into their own strengths and weaknesses, review sensitive issues, that could affect their abilities as a leader.

Exploring these topics with an objective observer and professional gives them what they need to transform in themselves and make a positive impact on business.

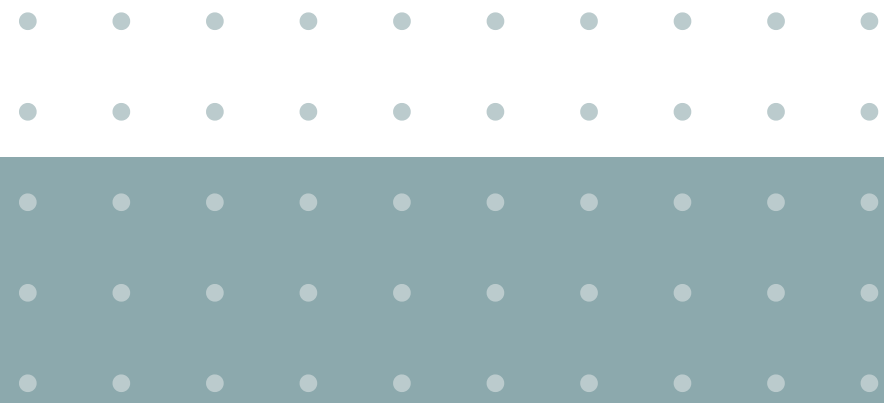
Coaching is personal, it's about people.

It's natural for it to touch on beliefs, self-doubt, mindsets, perspectives, values, behaviours and the persons' life.

We know how we coach is so important.

Our coaches use an approach that works in a relational way and at a psychological level, to address entrenched thoughts, behaviours and emotions that may be holding us back.

MOMENTUM



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Get in touch and we can work together to build a plan around you.

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