

HELENTRELOAR.COM

coaching

Senior Executives

Business Owners

Leaders

Coaching is an experience unlike any other. Whilst expanding your awareness of self and others (human behaviour), any negative patterns that are facilitating poor outcomes are exposed and new choices therefore emerge. As your Coach, with care, I challenge your patterns in order for you to take ownership and control of them. As Einstein said... 'One definition of insanity is doing the same thing whilst expecting a different result.' How do you know it's a great time to employ a coach? In simple terms...you or your employee feel 'stuck'.

Where training shows/tells us what to do - coaching asks us what we will choose to do - when facing those ah-ha moments and new choices.

Hire Helen...

As a personal, executive or business (SME) Coach for you or your employee/s.

Package of 6 sessions

On an annual retainer

As you need sessions (for a specific challenge/outcome)

Each session is 90 to 120 minutes ('usual' industry standard is 60 minutes)

As a certified Master Coach over numerous disciplines, with more than a decade of service provision, I am able to produce meaningful results, quickly. Each session will yield value that can be utilised in a practical way in life/business/career.

Book your complimentary 30 minute discovery call NOW.