



expressing inner potential

Coaching for Excellence © Programme

Men and women around the world have discovered *the secret for personal power* by working with a personal coach. Like world-class athletes, award-winning actors, CEOs of top corporations—the difference between good and great, between masterful and excellent is, more often than not, the finer distinctions that they discover and enhance with a personal coach.

The “Coaching for Excellence ©” Program is designed to work on both your *inner and outer games*. The outer game is where we talk about actual performance—what you do, the application of your skills and talents, the identification of the skills needed in a particular area, and the implementation of your skills. The inner game is the internal game you play in your mind and emotions so that you can be at your best. It's your inner game of frames—the frames of mind that make up your attitude. We call this your matrix of frames.

How do you know when you're ready for coaching?

There are many reasons for Coaching. The following are indication signs that you're ready for coaching:

- You are unable to act on what you know.
- You keep experiencing the same problems year after year.
- You feel controlled by something that you can't specify.
- Your attempted solutions only make the problem worse.
- You find yourself going round and round in circles.
- Over time you experience increasingly diminishing returns.

Key distinctions of the Coaching For Excellence Programme are:

1. The programme is based on the latest research and findings from the cognitive behavioural sciences.
2. Throughout the programme you will be working towards understanding yourself in a positive and generative way— positive because we focus on solutions, possibilities, hopes and dreams; and generative because it's all about generating the best games both inside and outside.
3. This unique programme consists of 17 hours of face to face coaching with your own personal Meta-Coach, eight 20 minute action phone calls, a manual, and unlimited email support.

Book a Readiness Session to
find out that this is the right Coaching Programme for you.

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- We will coach for emotional intelligence, empowerment, and your best states.
- We will coach for enhancing frames of reference.
- We will coach for an empowering attitude.
- We coach so that you can be at your best, and becoming the best you possible.
- And we invite you to create the most empowering, robust, and enhanced way to think, make appraisals, set intentionalities, and motivate yourself.
- We coach to enabling you to create a robust sense of Self in all of its dimensions—self-identity, self-esteem, self-confidence, self-efficacy, etc.
- We coach so that you develop a powerful sense of being resourceful and able to handle things.
- We coach for your way of coding and handling the concept of Time so that you show up for life by living in the moment with an eye on a bright future.
- We coach for an enhanced map about others, relationships, connection, cooperation, conflict resolution, and working with and through people.
- And we coach to specific fields of endeavour where you want to become skilled and even masterful.