

# INDIVIDUAL DEVELOPMENT COACHING



**Delivery:**  
Face to Face or Virtual



**Duration:** 1-2 hr sessions,  
minimum 3 sessions  
recommended



**Recommended for:**  
Individuals seeking  
one on one development



**Fully Pre-qualified on:**  
buy.nsw Supplier Hub,  
VendorPanel and AusTender

## Accelerate your leadership journey with personalised development

For many leaders, the most effective path to new levels of sustainable performance lies in Individual Development Coaching. This program provides the opportunity to meet the specific needs of an individual through customised content, either as a stand-alone initiative or as an extension to a development workshop.

### ■ CONTENT

Built on proven, highly effective coaching modules, Individual Development Coaching is available to suit a range of leadership roles and requirements.

- Executive Coaching – structured for individuals seeking all-round development, aligned to business goals
- Skills Coaching – focused instruction to rapidly advance development of a specific skill area, such as communication, presentation skills, negotiation or media
- Situational Coaching – customised support for specific situations and opportunities, including multi-party negotiations, keynote delivery, performance appraisal preparation and more

### ■ LEARNING OUTCOMES

The customised nature of individual coaching programs ensures the skills outcomes are aligned to each individual.

Upon completion of coaching sessions, individuals will be able to:

- Increase their level of awareness
- Enhance their understanding of skills and techniques
- Improve the application of learned skills
- Prepare written plans to guide development and action
- Increase confidence levels and improve resilience
- Benchmark, reflect and measure progress

### ■ ACCELERATE YOUR LEADERSHIP JOURNEY

Discover your potential and unlock new areas of performance as a leader with the customised, focused support of a highly effective one-on-one coaching program.

### ■ NSW CAPABILITY

#### FRAMEWORK ALIGNMENT

- Personal Attributes
- Relationships
- Results
- People Management

### ■ RELATED WORKSHOPS ALSO AVAILABLE:

- Presentation Skills
- Facilitation Skills
- Effective Communication
- Influencing Without Authority

“ Stimulating, challenging but above all a real learning opportunity. I took an enormous amount from our one-on-one sessions. The challenge now is to work hard to optimise the value of the learnings. ”