

Executive Coaching for Professional Development

Investing in your most valuable asset – you!

Do you feel like you are not quite getting the results that you want in your career, your relationships – professional or personal, your life? Do you notice at times that you feel stuck, directionless, or powerless? Do you sometimes feel like an imposter in your workplace or in social situations?

Now is the time to invest in your most valuable asset... you.

The Alive & Kicking Individual Coaching Program

Every person has the potential and capability to achieve what they desire in their life. For many people figuring out what it is that we desire is the hardest part. The process of coaching creates a partnership where the full scope of an individual's internal resources can be maximised to cultivate clarity and alignment – so you know what you want and how to get it.

The coaches at Alive & Kicking Solutions deliver a forward reaching, solution focused, non-directive, equality based partnership that empowers an individual through an accelerated learning journey towards their own personal goals.

You will be working with coaches who are approachable, kind, compassionate and masterful at providing a safe space free from judgement for you to explore what has been getting in the way of you getting what you want.

Your coaches will utilise a range of different thoroughly researched and peer-reviewed coaching techniques to have you feeling enriched, resourceful, self-aware and with purpose.

**Our coaches are ICF accredited, internationally qualified master coaches
with a combined total of more than a 1000 hours in coaching.**

Your tailored Alive & Kicking Coaching Programme will include:

- A **free 30 minute coaching consultation** with an Alive & Kicking Solutions coach
- A **90 minute initial session** to explore the foundation of successful coaching relationships and get focused on you!
- Open, transparent and honest communication with highly trained ICF accredited coaches who will treat you with **unconditional positive regard**
- A **flexible number of coaching sessions** – negotiated on what you need to get you the results you're seeking
- New strategies, tools, awareness and ways of thinking as you **discover your hidden talents and resources and belief systems**
- **Highly engaging thought provoking activities** to do in the space between sessions that are directly connected to what you want
- An **Alive & Kicking personal development journal** for you to reflect on your progress and development

Price:

- Initial 30 Minute conversation – Free
- First session – 90 minutes recommended. \$305 ex GST
- Subsequent session - \$265 ex GST
- Coaching programme: 1 x 90 Minute session, 5 x 60 Minute sessions = \$1450 ex GST

Payment is due upfront per session or in full for the coaching package.

*****Save \$180 when you commit to the coaching package up front******

To schedule your free 30 minute coaching consultation with Fran or Beth email info@aliveandkicking.com.au or phone **1300 305 789**