

PERFORMANCE COACHING

Survival, struggles, success, failures, significance and surrender –

Performance coaching is doing that to help you through the different seasons.

1. Are you consciously building yourself into the person you want to become, or are you just drifting on auto-pilot?
2. Do you want to live a life of passion and purpose – without any regrets?
3. Does this work environment give me energy? Do I need a different office arrangement, different support structure, more or less variety, etc?
4. How do you channel that passion into your gifts?
5. How do you want to be remembered?
6. How do your gifts impact your life?
7. Is there more to life than my current situation?
8. What are you passionate about?
9. What are you wrestling with in this season of life?
10. What are your greatest strengths and core values?
11. What do you consider eternally significant?
12. What drives you?
13. What excites you?
14. What is your calling in life?
15. What is your passion?
16. What is your personal mission statement?
17. What makes you come alive?
18. What on earth would give your life meaning?
19. What person do you want to become? How do you want to live your life?
20. What role do you play most effectively in an organization?
21. What would your life look like if you lived like this?
22. When do you seem to "lose all sense of time"?

23. Who can come alongside you in this journey and provide wisdom and insights?

24. Who can help you make sense out of this time of life?

25. WHY do you get out of bed in the AM?

Our coaching material is scientifically researched, holistic in approach, tried and tested and presented in various programs since 1997.

We equip you to improve your effectiveness and personal performance by using purposeful authentic conversations to stay ahead and lead more effectively.

How do we do this?

1. By doing pre- and post-assessments of all our courses.
2. By doing in-depth practical assignments.
3. By focusing on each individual, personal growth plan.

Igniting a Life of Joy, Adventure and Impact and Balance