

High Performance Coaching



Our coaching focuses the current or emerging leader and/or manager on becoming a more resilient leader of self, and others. We aim to strengthen competency in: 1. Acting strategically; and 2. Facing the demanding challenges of their role with confidence.

Discovering Strengths

Using the results from the **'Gallup Strengths'** diagnostics we are able to have a targeted and transparent conversation about the participant's strengths and blind spots.

1

Choosing a Plan

With over **24 Coaching Templates** to choose from it's crucial we are aligning what we discover with the objectives each participant wants to achieve.

2

Deliberate Practice

The participant is made accountable for **executing an action plan** between coaching sessions. This forms the starting point for each subsequent coaching session and builds on the learnings.

4

3rd Party

In the midst of pressure, sometimes the most valuable asset a leader can have is a **3rd party, non-biased opinion**. Each coaching session allows for that confidential debrief to happen.

3



6 x 1 HR SESSIONS



FACE TO FACE



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