



## ONE-ON-ONE COACHING

**Enhance your employee's leadership and management skills, foster personal growth and maximize potential with One-On-One Coaching from Vigilant.**

### WHAT IS ONE-ON-ONE COACHING?

One-On-One Coaching from Vigilant involves a trained professional coach partnering with an employee in a thought-provoking and creative process that inspires the employee to maximize his/her potential. The process provides an employee with the power to make meaningful changes in behavior and performance. Because coaching provides a safe environment for an employee to reflect, gain clarity and make choices, it unleashes the best in a person, accelerating change. It helps shift an employee's perspective from reacting to the situations around him/her to strategically making a choice of how to respond based on values, beliefs and business objectives.

### WHY COMPANIES ENGAGE IN COACHING

One-On-One Coaching is among the most widely used development techniques because it translates into doing and doing translates into impacting the business. Common coaching development priorities are:

- Enhancing leadership, management or interpersonal skills
- Fostering personal growth (e.g. clarifying career issues, work/life balance, self-knowledge, self-development)
- Enhancing business agility as well as technical or functional credibility

### WHAT ARE THE BENEFITS OF COACHING?

Frequently cited benefits of coaching from coaching participants include:

- Increased self-esteem, confidence and understanding of themselves and the impact they have on others
- Enhanced communication skills resulting in improved work relationships
- Enhanced job performance overall as a result of exercising the discipline of taking time to work on effectiveness, focus and perspective
- Appreciation of a confidential and safe place "to be human" and decompress

### HOW IT WORKS

One-On-One Coaching sessions are most often held on the phone providing flexibility and privacy. Most people choose to participate in one 60-minute session a week for six months.

**For more information and pricing contact us.**

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