

# COACHING

Circle & Square's coaching uses a powerful methodology for transformation and development. Our coaching is person-centred and recognises the system in which the individual exists at work and is included in the contracting. Our coaching enables personal mastery through emotional intelligence and connection.



- We recommend a **minimum of 8-10 10 sessions**, which can be completed over **3-8 months** (client and coach to determine the frequency and pacing for optimal results).
- Specific coaching objectives and timelines will be mutually agreed upon through initial coaching sessions and assessment (as applicable).

**What sets us apart from other coaches**

What sets us apart from other coaches is our innovative Circle & Square methodology. We use the skills and insights of clinical psychology to help solve the specific demands you face in the corporate environment. Our strong emotional intelligence experience comes from 19 years of training and coaching within corporates. Our focus is equipping influencers, current leaders and potential leaders with the skills to succeed at day-to-day challenges with the appropriate mind state.