

COACHING BROCHURE

kumalogreen
FOCUSED ON RESULTS



CONTACT US



0832781888



info@kumalogreen.co.za



www.kumalogreen.co.za

"The most successful people in the world have coaches, mentors and board members to make their dreams become a reality" - Grant Cardone

Why do you need a coach?

"A coach is someone that sees beyond your limits and guides you to greatness" Michael Jordan. The International Coaching Federation (ICF) defines coaching as partnering with clients in a thought provoking and creative process that inspires them to maximize their personal and professional potential.

Whether you are busy executive wanting to achieve more through effortless productivity, a manager struggling in your role, feeling stuck on a perpetuating problem, navigating a career change or wanting to reach your target, coaching is the answer. Our expert coach will take you through the proven and widely applicable STAKES™ coaching process - a neuroscience-based, evidence-based coaching model that meets the stringent ICF standards. You'll get a thinking partner that will guide you and help you see your unconscious patterns, and will also keep you accountable, so that you make real progress towards achieving your goals and overcoming your challenges.

Coaching can:

- help you become a better manager
- expand professional career opportunities
- improve work/life balance
- increase well-being and help you find more meaning in your life
- improve communication & conflict management skills
- optimize individual/team performance
- increase productivity
- increase self-confidence

A recent report by the ICF revealed that the average person can see a return on investment of 344% from coaching and businesses can expect to see 700% return on investment from coaching.

Coaching for Individuals

Individuals, Managers & Executives



Free Discovery Session

A Discovery Session is your opportunity to experience our coaching. Your transformation starts here, so we want you to bring a real issue, challenge or goal to this session. Our coach will take you through a typical coaching session and hopefully leave you wanting more! You can use this time to ask questions and learn more about our coach's expertise and approach. By the end of the session, you will have a better sense of whether coaching is a good fit for you, and just as importantly, whether you want to work with our coach.



CliftonStrengths® One-on-One Debrief

Once you have taken your CliftonStrengths Assessment and have your report, we strongly suggest that you book a Strengths Debrief session. This eye-opening coaching session will reveal how your unique talent themes can propel you forward or hold you back. Our Gallup Certified Strengths Coaches will provide you with a personalised roadmap to Name, Claim, and Aim your talents, so that you can transform them into powerful strengths. Coaching can help you use your strengths for better performance, more success and happiness.

VIRTUAL
R 1 500.00 (excl. VAT)
per session
(1 HR 15 MINS)
*Excludes Strengths
Assessment



One-on-one Executive Coaching Session

Our experienced coach will work with you to identify your goals, overcome obstacles, and help you develop a plan for your success. Whether you want to improve your relationships, find a fulfilling career, increase performance at work, find balance and do more of what you love or increase your self-confidence, our coach will provide guidance, support, and accountability every step of the way. Coaching will help you make the shift you need to create lasting change and achieve your dreams. Book your one-on-one coaching session today, it could change your life!

VIRTUAL
R 1 500.00 (excl. VAT)
per session
(1 HR 15 MINS)
*Excludes Strengths
Assessment



GROW PACKAGE

6 X

One-on-one Sessions
Typically takes 3 months to
complete

VIRTUAL
R 8 550.00 (excl. VAT)
(1 HR 15 MINS x 6)



THRIVE PACKAGE

12 X

One-on-one Sessions
Typically takes 6 months to
complete

VIRTUAL
R 16 200.00 (excl. VAT)
(1 HR 15 MINS x 12)

Coaching for Teams

The power of strengths based partnerships



Group & Team Coaching

Team coaching can be immensely beneficial for teams that are already familiar with their CliftonStrengths®. Once a team knows the individual team members strengths, team coaching can take a team to the next level by harnessing those strengths collectively for the team's benefit. Team members will gain a deeper understanding of each other's strengths and how they can complement and leverage those strengths to achieve team goals. Team coaching also leads to more effective communication within the team, promotes collaboration, and fosters a positive team culture where each member feels valued and empowered. Overall, team coaching can unlock the full potential of each team member, leading to improved team performance, productivity and satisfaction.

Building Strong Teams with Clifton Strengths

Please enquire about our special rates for groups and for the brochure

“Coaching is the universal language of change and learning.” - CNN

