

"90 Days to Self-Mastery and Transformation"

Individuals benefit greatly from a fast-track, 3 month coaching intervention that includes becoming more self-aware, discovering and understanding their own human traits, personality, strengths and how they act and react in certain situations at work and in their private lives. The longer term coaching intervention also allows individuals to develop a deeper understanding and improvement of interpersonal relationships; unproductive work habits; office politics; different management styles; approaches to manage conflicts, as well as a greater ability to cope with circumstances and issues that they find challenging.

This programme is based on the Enneagram's model and framework of personality profiling, behavioural change, personal transformation and leadership strength development.

This package includes:

- An on-line Enneagram assessment, followed by an in-depth individual or leadership feedback report.
- A 90 Day coaching contracts, which includes six (6) 90 minute sessions, spread over 3 months, using the feedback report to coach for behavioural change, development and transformation.