

## **"90 Minutes to Rediscover and Understand Yourself"**

**Individuals** benefit greatly from this single, yet powerful coaching session that enables self-awareness, discover and understanding of their own human traits, personality, strengths, and how they act and react in certain situations at work and in their private lives.

The powerful, dynamic coaching framework, based on the Enneagram's model for personality profiling, behavioural change, personal transformation and leadership strength development underpins and guides the coaching process.

This package includes:

- An on-line Enneagram assessment, followed by an in-depth individual or leadership feedback report on your behavioural patterns; specific behaviours, communication styles and blocks; your leadership style; ideal work environment and areas for development and growth.
- A 90 minute coaching session deals with the specifics of the feedback report, specific behaviours that help or sabotage the self and explores strategies for development, growth and behavioural change.