

COACHING

HUMANITAS - HR

“Coaching enables leaders and their people to navigate through change with purpose, clarity and a results focus”

Coaching enables organisations to invest in **future proofing** their teams with **tangible outcomes** and benefits for the individual, teams and organisations.

Our programs support individuals at all levels and teams to build their **strengths** and **capabilities** and to adapt to the changing demands of the world of work.

We understand that everyone's career is different.

With a **Solution Focused Model** centred on **Positive Psychology**, we establish clear goals with the flexibility to accommodate changes throughout the coaching journey.

Our programs incorporate comprehensive **psychological profiling** that enable individuals to align their core values with meaningful personal and professional goals.



Spark (3 sessions)

We support participants to identify their key areas of strength in order to develop strategies to assist in setting stretch goals to enhance positive performance.



Growth (5 sessions)

Designed to provide individuals with the opportunity to assess their behavioural style and key motivators. This program enables participants to align their core values with meaningful personal and professional goals.



Thrive (7 sessions)

This comprehensive program is designed for those at Management and Executive level. It combines the Growth program with wellness modules, encouraging personal development and growth on a holistic level.

