



WHO CAN PARTICIPATE IN EXECUTIVE COACHING?

**"Leaders don't force people to follow - they invite them on a journey."
Charles Lauer**

Executive Coaching is for all team leaders, managers and executives. It's for anyone that feels that there are obstacles in their way to becoming better and greater at work.

Executive Coaching helps individuals to achieve their **Goals**. It focuses on **Realities** and **Options** for their personal and professional development.

Executive Coaching has an educational content. The most effective adult-learning is self directed and goal oriented. It involves valuating, planning and implementing actions to achieve personal, professional and business goals.