

Clients report that hiring a professional coach led to:
70% increase in work performance
80% increase in self-confidence
73% improved relationships
72% improved communication skills
and 96% indicated they would repeat the process.
These results lead to an increased ability to meet organizational demands.

ICF GLOBAL COACHING CLIENT STUDY

BRAIN-BASED EXECUTIVE COACHING

TRANSFORMATIVE . SELF-DIRECTED . SOLUTION-FOCUSED

Coaching is not counselling, therapy, or consulting. Coaching is about achieving results — faster and more effectively. Coaching is self-directed, action-oriented, and dynamic. You own the pace, content, and actions. We provide the framework, process, and facilitate the insights. Sessions focus on maximizing productivity and sharpening your solution-focused mindset to *do better by thinking better*.

DESIGNED FOR

Individuals looking for **one-on-one strategy sessions** to enhance their thinking and productivity to achieve their business and/ or personal goals.

DELIVERABLES

BRAIN-BASED EXECUTIVE COACHING
6 Session Program or **12 Session Program**

EXTRA SUPPORT
Program Workbook
Personalized Plan
Completion Report

DETAILS

*Pre-Coaching Conversation, approx. 20 mins, will prep + prime you for the program of your choice. Sessions are **50 mins** in length, with the exception of the first two + last session, which are **80 mins**. Sessions are usually scheduled weekly or bi-weekly.*

INVESTMENT

Contact us at info@mindshift.ninja for more information.

*3+ packages receive 10% off, perfect for teams.
Applicable taxes extra.*