




Living Mastery

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COACHING SOLUTIONS

Coaching helps to break limitations and maximise potential, which in most cases, leads to improvement in productivity. At Living Mastery we know the value of professional coaching and offer a variety of options you can choose from, as listed below.

One-on-One Executive Coaching

With our Executive Coaching, we will pair you with the appropriate Executive Coach who will support you in identifying your motivations as a leader and your natural leadership style. At the start of your coaching relationship with us, you will undertake the Motivational Maps assessment which will give us key insights into your motivations and natural style as a leader. We will work off these insights to help you develop your personal growth plan so that you can improve your skills and address challenges in your personal, professional and leadership life.

Our Executive Coaches are experienced and have decades of business and coaching experience required to give you the support you need in improving your performance and achieving your growth plan.

Leadership Group Coaching

In Group Coaching, an Executive Coach will work with a team to address specific areas or topics of growth that are aligned to the performance goals of the leadership team. Group Coaching, which is proving more popular with leadership and executive teams, allows for:

- Collective problem-solving and idea generation by a team
- Aligning leadership team members
- Deeper Engagement amongst team members and a transfer of skills within a team
- Team building and more effective teamwork
- Cost efficiencies

Team Coaching

We offer customised Coaching solutions to address specific team challenges or development areas in order to improve team effectiveness and overall performance. Our comprehensive assessment tool, the Motivational Maps for Teams, provides thorough and accurate insights on where the 'energies & emotions' in a team are being directed and how strong they are. This then enables us to formulate interventions that are targeted and relevant in bringing about the desired growth or change within a team.

Whether you choose the one-on-one Executive Coaching, the Leadership Group Coaching or the Team Coaching option, we are ready to support you on your journey of growth.

To get started, e-mail us now at info@livingmastery.co.za and we will call you back.