

2020

ONE-ON-ONE COACHING

OUR APPROACH

for **purpose.**

ONE-ON-ONE COACHING



One-on-one coaching is a great way to identify and work on key skill development.

Unlike many other forms of professional development, coaching can be carried out at times that suit the individual and sessions are very focused on the specific learning goals and objectives identified by the individual.

Our one-on-one coaching is delivered online via Zoom and can focus on strategic advocacy, public policy development, public policy writing, government relations, resume development and preparing for a job interview.

OUR APPROACH

SETTING COACHING GOALS

Individuals will be provided with a pre-coaching survey where they articulate their learning and skills development goals and are matched with the most appropriate coach to develop these skills.

SETTING OBJECTIVES

The coach and individual will work together to determine session objectives to help to achieve the desired goals.

This will help to provide guideposts for each of the coaching sessions.

COACHING SESSIONS

In each session, the coach and individual will review the learning objectives and discuss any other issues that may have arisen that need to be added.

Individuals will work with coaches to identify and commit to actions to enable them to achieve their coaching goals.

WRAP UP AND REFLECTION

At the end of all of the coaching sessions, a post-coaching survey is undertaken to reflect upon the learning goals and the process of coaching.

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www.forpurpose.com.au