

COACHING

FOR PEAK PERFORMANCE WORK/LIFE BALANCE

“Two years ago, the question being asked in Australasia and North America was: “Do you have a coach?” Now the question is more like: “Who is your coach?” - Business Review

Individuals are seeking the services of life coaches to help them reach their full potential usually without the knowledge of employers. Personal life coaches are increasingly being used by leading businesses for executive coaching.

“Australia’s corporate sector has embraced coaching. IBM, AMP, NRMA, Telstra and ANZ train their managers and staff to coach and some senior managers use outside coaches.” - Sydney Morning Herald, July 1, 2000

Managers who are development-minded know that if their organizations and departments are to be productive and competitive, they must coach and develop the talent on their teams to meet constantly changing business needs.

Coaching concentrates on your professional life while helping you integrate the bigger picture... how your professional life impacts your personal life, and vice versa. You'll discover new ways to manage your work/life balance.

Coaching defined ...

Coaching is a collaborative partnership between a coach and a willing individual which connects at the deep personal level of beliefs, values and vision, and which enables, through a process of discovery, goal setting and specific action steps, the realization of extraordinary results. Coaching is also a body of knowledge, a technology, and a style of relating that focuses on the development of human potential. Coaching is interdevelopmental in that the collaboration develops both the coach and the individual being coached.\

Executive Coaching

Executive coaching is a personalized leadership and management practices development program, in which a specialist coach works individually with a manager, providing ongoing support and honest feedback. Executives at all levels can benefit from this service. Coaching creates better communication, decision-making and work-place relationships, while also reducing stress and increasing work satisfaction. An Executive Coach can benefit your organisation dramatically by maximizing the potential of each manager and achieving optimal performance. Working on the roadblocks to effectiveness is a sure path to developing options for more productive behaviour.

360 degree feedback (from peers, superiors and subordinates) provides a useful platform upon which to base business/executive coaching. **Synergetics**'s clinical and occupational psychologists use a range of assessment tools, including intelligence, personality, team dynamics, to provide a more rigorous and accurate self-assessment.

Mental Fitness Training

www.int-a1.com/a1

Recent scientific advances have produced powerful neurotechnology for improved brain functioning, emotional intelligence, stress management, and peak performance.



Neurofeedback : learn how to regulate your own EEG brainwaves, improve attention and concentration, use both sides of your brain, and enter the peak performance zone!



HeartMath: <http://heartmath.int-a1.com>

Access the power of your heart's intelligence to lower your stress, anxiety and worry, improve communication & heal your body and life. Denis is an accredited provider of HeartMath Training.

Personal Development Tools



wholelife.int-a1.com/wlr, www.int-a1.com/par

Through SMC's sister company Whole Life Resources, you will have access to a wide range of products that can help you achieve your work/life goals and potential, create high performance teams/workplace, coach & manage better.

Manager As Coach Workshop

Coaching involves getting your people to believe in themselves and their abilities, being firm while staying flexible, staying in control without being controlling, and disciplining without causing resentment.

Managers in all types of organizations can learn and apply coaching skills to motivate people, change problem behaviour & boost individual & team performance. As managers move from traditional 'command, control & coercion' to a more supportive, collaborative & empowering leadership style, the skills of coaching become essential. Benefits include greater alignment of employee & company vision & values, increased commitment, improved communication, reduced conflict and greater productivity.

Who Will Benefit?

Managers and project leaders at all levels who are committed to empowering their workforce, including those who are moving to, or involved in, a team-based structure.

Workshops on Conflict, Stress, Wellness, Work/Life Balance, Team & Vision Building ... please call ...

Denis McCarthy (www.int-a1.com/dm) has Masters degrees in Clinical and in Occupational Psychology. He is a member of the Australian Psychological Society, the Institute of Management Consultants and the Recruitment & Consulting Services Association. He has managed several successful businesses. Since 1981 through Synergetics Consultancy he has provided organizational development and training to both small and large enterprises, business & government. He is also West Australian manager of Wilson Banwell Pty Ltd, a global human resources consulting firm that offers executive coaching, employee assistance and wellness programs. Denis has been a member of the International Federation of Coaches (WA Branch) since its formation in May, 2000. He provides both personal life coaching and executive coaching. He installs coaching cultures into corporations and helps managers become good coaches. He is a certified HeartMath coach, workplace mediator, trainer and accredited provider of DiSC, Myer-Briggs Type Indicator & Expanded Interpretive Report, and is a member of the Team Management Systems (TMS) Network.

Synergetics

Management Consultancy

<http://synergetics.int-a1.com>

www.int-a1.com/coach

dm@int-a1.com
www.int-a1.com/dm
Perth & Rockingham
Phone: **0500-567-500**

12/158 High St
Fremantle 6160
Fax: (08) 9430-4305
Phone: (08) **9430-7777**