



YOUR PERSONAL BEST YEAR



An intensive, results focused coaching programme that enables you to

- Understand your core values and motivations
- Identity and develop your strengths
- Vision successful outcomes
- Overcome barriers and achieve goals
- Develop self-enabling beliefs
- Identify and use your guiding principles
- Build confidence and optimise performance

for people who aim to...

- Look back at the last twelve months as their **Personal Best Year**
- Find direction and purpose, thrive and succeed
- Define their goals, build a plan, and track their progress
- “Get out of their own way” and get to where they want to go
- Cross barriers and surmount obstacles
- Get better at what they do and be the best version of themselves
- Benefit from having time and space for self-reflection & future focus

Your Personal Best Year Programme

Through monthly, one-to-one coaching sessions, scheduled over twelve months, beginning with an evaluation and goal planning workshop, **Your Personal Best Year** combines human to human and technology interface to deliver results. Coaching platform *Quenza* is used by coach and coachee to record and track progress against goals.

Your Personal Best Year promotes self-confidence, employee engagement, life satisfaction, job satisfaction, performance breakthrough, health and wellbeing and it can be repeated