



COACHING

BUSINESS SUCCESS

- SHADOW COACHING • LEADERSHIP • COMMUNICATION
- TEAMWORK • AUTHENTIC RELATIONSHIPS
- PERSONAL COACHING



Mary Argese

Mary Argese is an Executive, Business and Personal Coach with a Postgraduate degree in Coaching from Curtin University. She supports Clients to look for the answers within themselves and become the best that they can be, by taking charge and control of their lives. The sustainable results create feeling empowered by their decisions and becoming leaders of their whole life. With the EEP™ organisations benefit because Staff increase their performance as they become more confident, constructive and productive.

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EMPLOYEE ENHANCEMENT PROGRAMS AUSTRALIA



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What is the difference between EAP and EEP™?

- Employee Assistance Programs (EAP) use Psychologists and Counsellors
- EEP™ use Coaches who are qualified and trained as Coaches

COACHING

Future-focused
 Solution-focused
 Works towards outcomes
 Coach does not give advice
 Pre-set written goals by Client
 Notes taken by Client during session
 Set coaching package
 An expectation of changed behaviour
 An expectation of mental shifts
 Pre-session preparation
 Each session ends with 'homework'

COUNSELLING

Past-focused
 Problem-focused
 Works towards emotions
 Can receive advice and recommendations from expert
 No written goals
 No notes taken by the Client
 No set package
 No expectation
 No expectation
 No pre-session preparation
 Each session ends

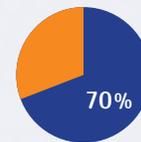
EEP™ is offered to Business Clients so Staff are supported both personally (so that they work at peak performance) and developed professionally so they take leadership initiative for the benefit of themselves in their work productivity, for their team and the business outcomes.

BUSINESS USING COACHING:

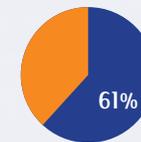
- Create a high level creative work culture and teamwork,
- Communicate, listen, co-operate and support each-other at a high level
- Listen with mutual respect, trust and confidence
- Expect staff to take responsibility for business success
- Will increase chances of staff behaviours to be defined by the mission/vision and values
- Have an increased work focus
- Complete work with efficiency and effectiveness
- Support increased interpersonal, intrapersonal and emotional self-awareness
- Provide the highest level quality work and service to customers and stakeholders
- Develop high level working relationships
- Have authenticity, leadership and culture within departments as well as the whole organisation.

Organisations continuously go through "change". The EEP™ support to Staff/Management will develop individuals to move forward amongst changes and uncertainty, by coaching individuals to move through acceptance, hope, exploration of all options so that they forward for themselves and the business. EEP™ effects internal systems, business achievements and productivity outcomes for the business and the individual both personally and professionally, are increased.

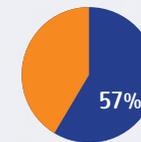
Increased Productivity-Professional coaching maximizes potential and unlocks latent sources of productivity*



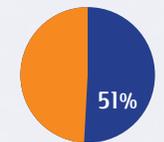
Improved Work Performance



Improved Business Management

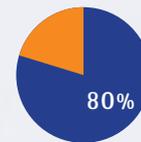


Improved Time Management

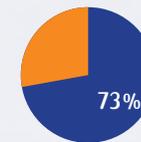


Improved Team Management

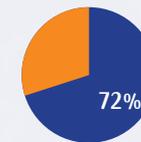
Positive People-Coaching builds the self-confidence of employees to face challenges*



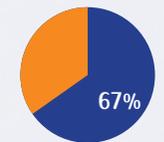
Improved Self-Confidence



Improved Relationships

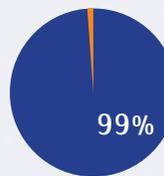


Improved Communication Skills



Improved Life/Work Balance

Satisfied Clients-Companies and individuals who hire a coach are satisfied*



"Somewhat" or "Very Satisfied" with overall experience



Would repeat the process

* Source: ICF Global Coaching Client Study was commissioned by the ICF but conducted independently by PricewaterhouseCoopers.

Providing an EEP™ is a way that you can show your employees how much you value them. It's a reward and recognition of their value. The organisation benefits from constantly highly productive employees.

The minimum package is:

8x1hr
 Coaching Sessions
 Fortnightly apart

How useful would this program be for the business?

How useful would Staff working at peak performance be?

We are happy to attend your offices and discuss this further (no obligation).

Check out our website for our personal and business coaching packages. We suggest the Staff member (Coachee) pays half of the cost, if a personal coaching package is taken. All packages include 'reasonable extra support' in-between Coaching Sessions, via emails and phone-calls, and may go slightly, over the hour at no extra charge as we believe the Client is important. We ask that Clients/Coachee's commit to their decision for coaching by paying in advance. Payment is upfront, as people can find the coaching challenging and those that are self-sabotaging can back-out by finding excuses not to turn up (which seem legitimate reasons). When payment is up front there is a very different mindset. Sessions are best held away from the business - at our offices - the drive to and from sessions gives time to think/reflect. BEFORE making a decision, best to read testimonials on the website as you will see the very high Return on Investment (ROI) that is gained for the business, and the individual.