

Performance Coaching

MyFeedB@ch

The corner stones of our service



“Quality matters”

We strongly believe in the capabilities of people. We are convinced that coaching is the best option to support our clients in their quest to release their unrealized potential.

Our Performance Coaching follows a systematic approach that is embedded in globally recognized standards that assure a high quality of service.

GROW Model
at the Core

- We have adapted the globally recognized GROW model to the core of our coaching.

Well-defined Process

- We follow our well-defined coaching process that provides structure and transparency to our service.

Solution-based
Schedules

- We offer solution based schedules, that allow for short or medium-term coaching.

High-Quality
Assurance

- We assure High-Quality Coaching by the layered application of frameworks and standards.

For further information please call +420702142275 or email at info@myfeedback.com

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GROW at the heart of our service

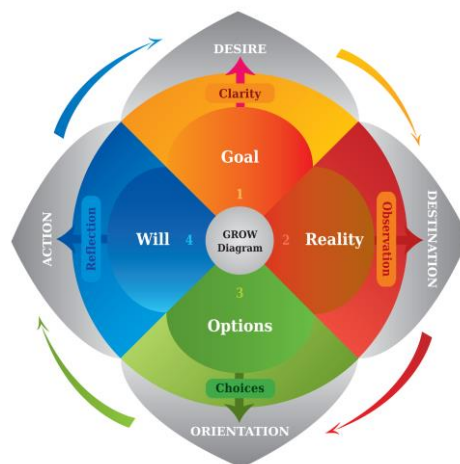
Association
for Coaching

DEVELOP
SELF
AWARENESS

“You can only change what
you are aware of”

Raising awareness about yourself and your environment is the most critical aspect of coaching. It will follow us throughout the whole coaching process. Once you have a clear picture of what needs to be changed, we will apply and re-iterate the well-established GROW model that allows us to consistently:

1. Set your ultimate **GOALS**
2. Understand opportunities and constraints of your **REALITY**
3. Find multiple **OPTIONS**
4. Define **WHAT** needs to be done



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Our Coaching Process

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“Our well-defined process provides structure and transparency”

Initiation Phase Results:

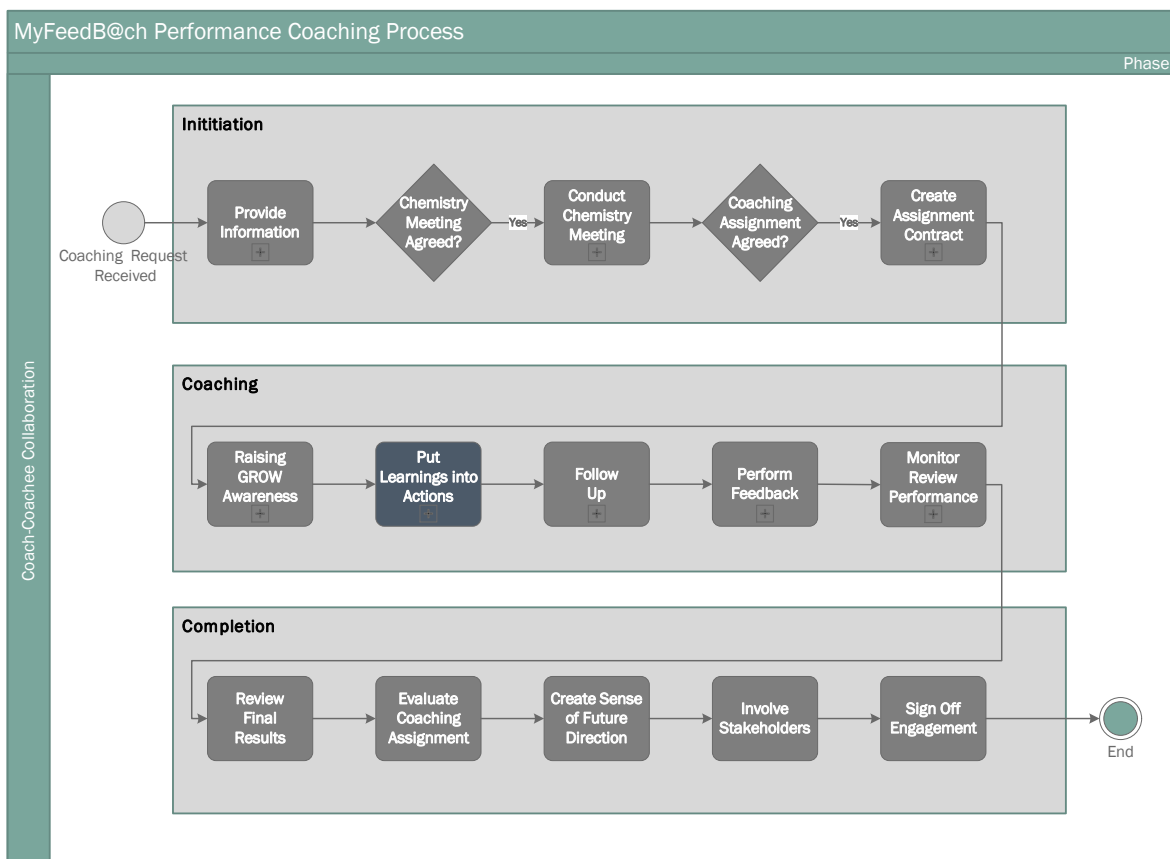
1. Expectations agreed upon
2. Relationship established
3. Logistics confirmed

Coaching Phase Results:

1. Awareness raised
2. Objectives defined
3. Progress reviewed

Completion Phase Results

1. Final Results reviewed
2. Future development evaluated
3. Coaching process evaluated



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Requirement-driven schedules



“We meet your coaching demands with respective offerings”

Performance Coaching Assignment:

1. Duration 6 months
2. Number of sessions: 12 (+ chemistry)
3. Duration of session: 60 min
4. Preferred Medium: Face-to-Face
(Alternatives: to be agreed upon)

Laser Coaching Assignment

1. Duration: issue dependent
2. Number of sessions: 3 (+ chemistry)
3. Duration of session: 60 min
4. Preferred Medium: Face-to-Face
(Alternatives: to be agreed upon)

Performance Coaching Schedule													
Session	Week												
	W1 -t	W1	W3	W5	W7	W9	W11	W13	W15	W17	W19	W21	W23
Initial Call (free of charge)	●												
Chemistry Session (free of charge)		●											
1st Coaching Session			●										
Intermediate Coaching Session				●	●	●	●	●	●	●	●	●	●
Coaching Review Session							👁						
Final Session													●
Review and Evaluation													👁

Laser Coaching Schedule					
Session	Week				
	t0	tbd	tbd	tbd	tbd
Initial Call (free of charge)	●				
Chemistry Session (free of charge)		●			
1st Coaching Session			●		
2nd Coaching Session				●	
3rd Coaching Session					●
Review and Evaluation					👁

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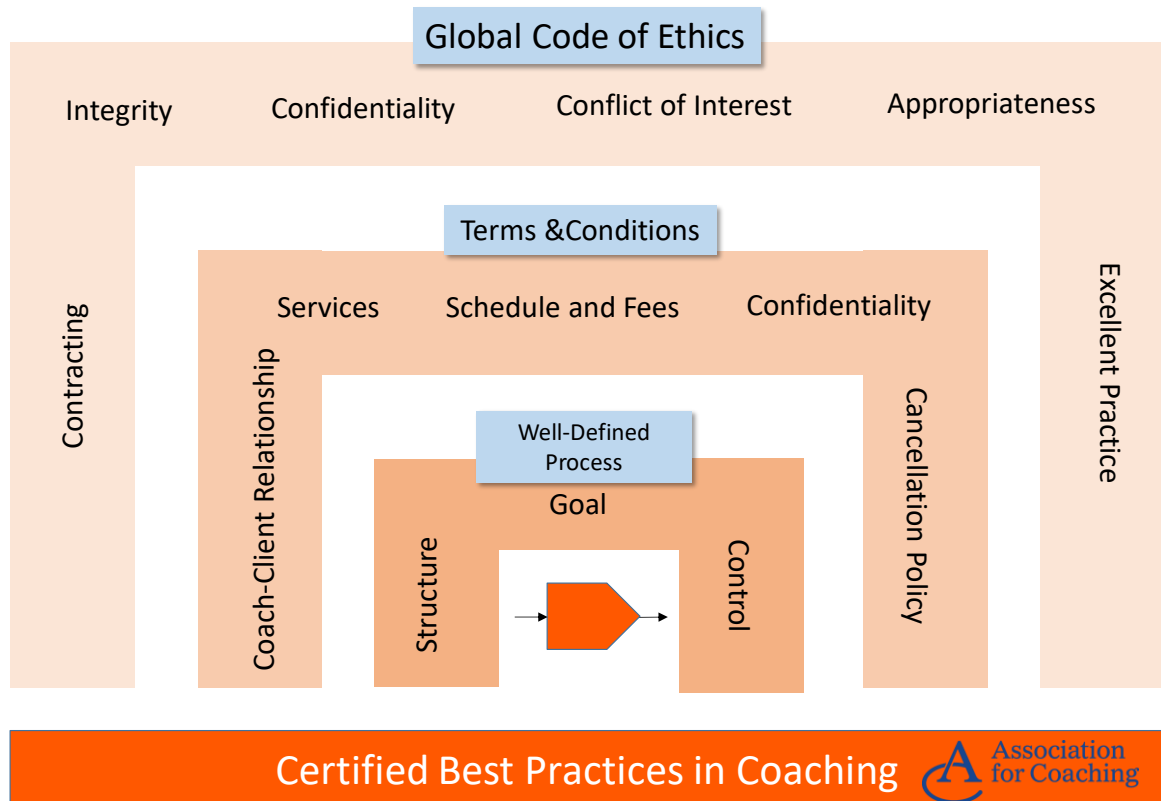
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Our quality-assuring framework



“With our layered, standard framework we assure high quality”



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