



# Work With Me

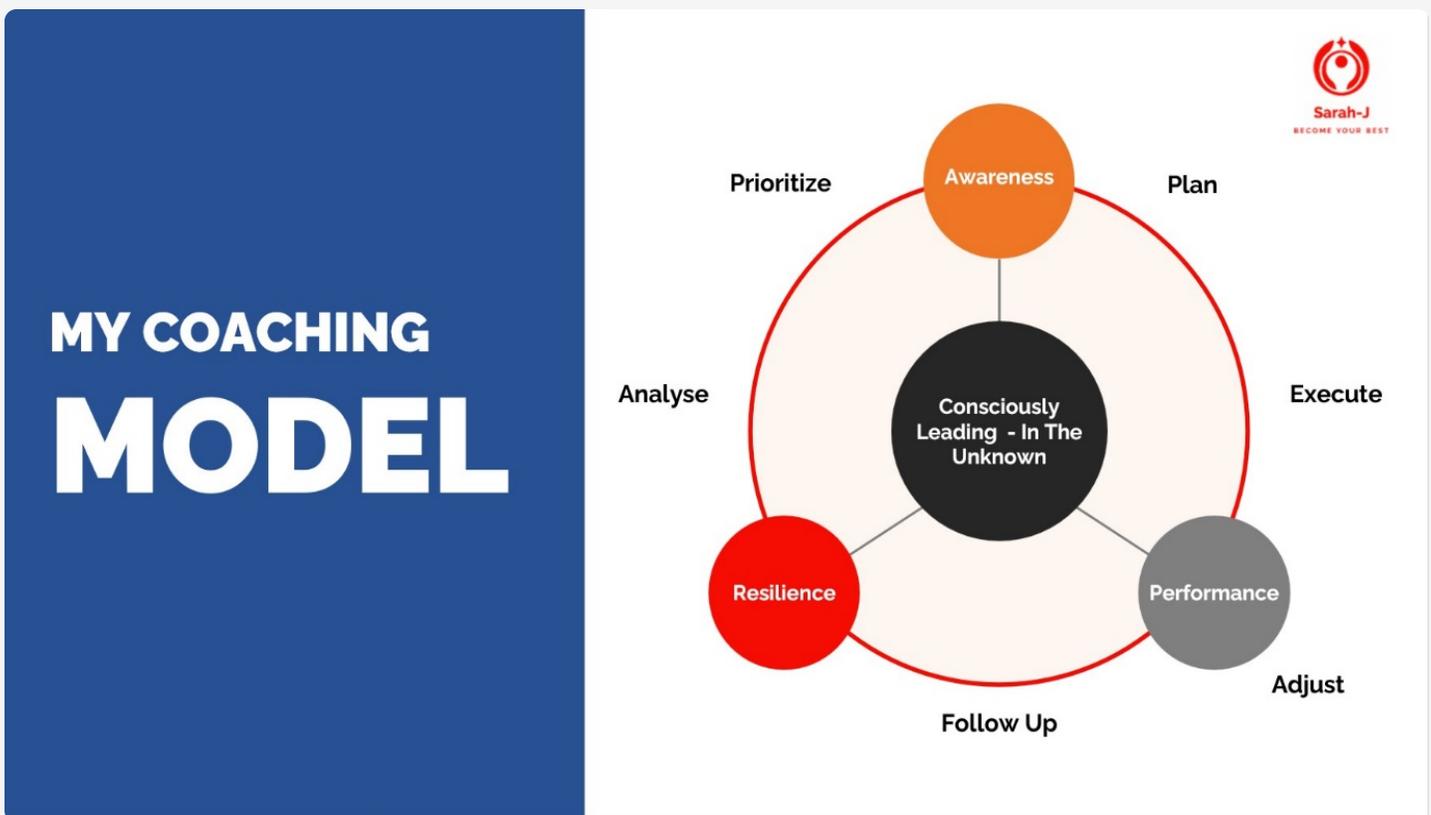
The Guide To My Coaching  
Model And Process

Sarah J. Coaching

# Work With Me

The volatile, uncertain, complex and ambiguous world (VUCA) is a challenging place, but it's also an opportunity. To get ahead of the competition you need proven leadership skills that can help your team develop and succeed - no matter what challenges they face or how many opportunities arise simultaneously!

We know that in order to thrive with all its challenges and opportunities, your leadership team needs a proven coaching process



I provide transformational coaching programmes for both individuals seeking to lead with confidence and resilience, and for organisations.

## Consciously leading in the unknown

In today's uncertain world, leaders need resilience more than anything. While they are learning, growing and developing, being aware of where they are today, where they want to be and what can occur along the way is crucial for success. As an organisation, you need leaders that can perform while they are growing, so your organisation can grow with them. That is why I developed my coaching model to face today's challenges.

## Awareness

Leaders are aware of each point in their journey. They know how to lead themselves and others. I help them reflect on every step of their way.

## Resilience

One of the most important skills of the coming decade. In an ever changing VUCA world with the challenges of the hybrid workplace, leaders need to be resilient. I offer tools and exercise in every stage of the coaching process to build up resilience.

## Performance

Alongside every step of the way, leaders need to perform. While they are developing and growing through my coaching programs, they can apply their new knowledge on the job and help develop the organisation.

Leaders will be able to achieve success and accomplish their assignments better and quicker.

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## Coaching for Organisations

### My Coaching Process

The coaching process is a 6-step formula that helps us achieve the results we want!

By following a proven formula or process, you can be sure that your leaders are achieving measurable success and results in the long term.

Step  
1



#### Analyse

Together we analyse your situation and determine where you stand.

Step  
2



#### Prioritise

If you can only work on 3 things, then it's important to start with what will give the biggest impact and benefit.

Step  
3



#### Plan

A plan gives us clarity on the road ahead and defines what we need to succeed. It's fine to leave the beaten path and adjust along the way.

Step  
4



#### Execute

We help the leader to execute the plan and support during struggles.

Step  
5



#### Adjust

Be agile and adjust your plan along the road while being focused on the outcome.

#### Follow up

Follow up on your process and your outcome. We measure the outcome together with the leader

## Benefits of working with me

- Productive teams, producing on results and working in harmony.
- Managers and leaders stepping up to their full potential
- Employees come to stay and grow together with the organisation.
- Inclusion is not just a word but deeply embedded in the company culture.
- Tailor-made programmes that can be adapted to each unique situation with options between 1-1 or group coaching, and length of time.
- Gain clarity on your next steps through full reports by the end of the programme
- Gain perspective on your business and where you and your team need to go next to reach your goals.
- Prepare the necessary procedures to anticipate and navigate issues or problems before they occur.
- Objective, continuous support from me to ensure that all steps and procedures are correctly implemented and that employees follow through.

## How To Work With Me

1. Book a free introduction call with Sarah
2. Sarah will customise a coaching package for you based on your specific needs
3. Start the coaching process and see your organisation transforming!

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[Book a Free Call!](#)