

TRAINING AGENDA – SELF COACHING

1. Topics covered during the training

- The Role of Self-coaching – Improving your quality of life and work efficiency
- Self-coaching Techniques
- The Practical Aspects of Personal Change
- Self-motivation and its influence on achieving your goals

2. The Target Group

- Managers, Executives and staff, Entrepreneurs
- Freelancers engaged in business
- All staffs

3. The practicalities

- Improve your quality of life and work efficiency
- Learn Self-coaching techniques
- Discover the practical aspects of personal change
- Achieve your goals through self- motivation