

## Coaching



### Build your people capability

Everest coaches work with individuals and teams to create transformational change, laying a foundation of principles that emphasise the importance of self leadership.

Individual and team coaching has become a vital tool for anyone that wants to get the best out of the individuals and teams in their business. Coaching is about asking good questions and offers individuals the opportunity to explore the way they do their world.

Engaging with a coach gets results - it builds effective teams, enhances productivity and facilitates high performance. Let our coaches unlock your potential to maximise performance.

Whether you are building and aligning your team or developing yourself as an individual we can help build people capability in your business.

### We specialise in:

- One-on-one and team coaching
- Individual personal and professional development
- Professional Supervision
- In-house coaching training programmes
- Employee growth and development
- Learning to coach for managers and team leaders
- Leader/Executive Development
- Pair coaching and mediation
- Conflict resolution coaching
- Career Coaching
- Wellbeing Coaching
- Counselling Services

*"I have attended business coaching sessions with Everest People for about 4 years now. I really look forward to these sessions, they help me to be more self-aware and to acknowledge and understand my feelings about issues that I am experiencing both in my work and personal life. A non-judgemental, open and frank dialogue that assists with my decision-making, develops my leadership skills and continues to grow my personal development and team management."*

*Pam Goodin, General Manager, Jersey NZ*