



COACHING AND COMMUNICATION SKILLS IN ENGLISH

- ⇒ **Discover your vision**
- ⇒ **Learn communication and business skills**
- ⇒ **Be confident with your English**

Our 12 session coaching program is designed to help business leaders and managers increase their motivation, better their communication skills and increase their levels of English.

Coaching will help you focus on your strengths, feel more confident and motivated and let you open up your creative side without fear. Because we do this in English, you will start thinking about your life in a more creative and empowering way, and you will be more confident in expressing yourself, both in English and in your native language.

WHAT IS IT?

Coaching with Sophia is a series of sessions, designed in cooperation with the client and the company, aiming to increase motivation which will increase productivity and creativity in the work place. With clear goal setting and working with both the company and the individual's vision, the strength of coaching lies in finding the point with the most leverage for maximum result with minimum effort.

WHAT CAN YOU EXPECT?

You will have sessions that are fully dedicated to you, using proven techniques developed by business researchers and coaches, with concrete steps to develop your business skills. By exploring boundaries, limitations and potential, coaching develops your ability to be your best.

HOW DOES IT WORK IN PRACTICE?

We offer a **free 30 minute session** to make an evaluation, both of the level of English and of the goals that you want to reach. This is to make sure you don't commit to something you are not ready for. Powerful coaching can only start when you are committed to making your life the best it will be.





OPTIONS:

1 3 MONTH SHORT TERM GOAL COACHING

This option is for those who wish to work towards reaching their goals quickly. With 12 sessions over 3 months (1 hour per week), face to face, we will focus on making specific targets that require a desire to change your life now.

2 6 MONTHS LONG TERM GOAL COACHING

This option is for clients who have some short term goals, but are looking for a change that requires more time and dedication. We will have 12 sessions over 6 months (1 hour every two weeks) face to face, and will work on combining some short term goals as well as longer term changes.

3 6 MONTHS COMBINED COACHING

This option allows for a combination of longer and shorter term goals. By using 12 face to face sessions (1 hour every two weeks) and 12 phone sessions (1 hour every two weeks), we can work on keeping short term goals highly motivated, while keeping longer term goals in mind and the direction clear.



ALL OPTIONS INCLUDE THE FOLLOWING:

- Unlimited email contact
- Unlimited short (5-10 min) update calls

