



## Coaching for Success

**Do you have “big dreams” and are unsure as to how to take tangible steps to achieve them? Are you “busy” in the day to day and need assistance clarifying your goals and vision for the year ahead? Our one-on-one “Coaching for Success” packages are a fantastic first step toward reaching your highest potential.**

### **OUR COACHING FOR SUCCESS PACKAGE INCLUDES:**

#### **Group Coaching Session (1 hour)**

This introductory session will focus on your values and help you to clarify the priorities that you wish to focus on in individual coaching.

#### **Three Individual Coaching Sessions (45 minutes each)**

Our individual coaching sessions will help you solidify your goals and action plans with progress checks and accountability along the way.

#### **Follow up Session (30 minutes)**

Your final follow-up session will be a progress check and will help you establish the way forward.

Cost: \$495 per person

About Heather: Heather Couper, PHR, SHRM-CP has over fifteen years' experience in both the strategic and operational aspects of human resources and is certified as a Professional Coach by the Institute for Professional Excellence in Coaching (iPEC).

## Our Customized Coaching Packages

### Managers

This package focuses on managers who wish to refine their approach to become more effective in their role as leader and manager of people. The focus will be on outlining individual values, taking steps to set the culture for their team and creating action plans to get the year off to a good start.

### Professionals / Individuals

This package supports individual professionals with clarifying their personal, career and professional goals and creating specific actions guaranteed to assist with achieving success as they define it.

### Business Leaders / Entrepreneurs

This package facilitates coaching for leaders and entrepreneurs by reflecting on what worked well and what didn't over the past year, setting clear goals and clarifying their vision and providing support as they implement a handful of actions to achieve their objectives.

Ontru is a full-service business strategy, people management and performance and training solutions firm. We strongly value our client relationships and place an emphasis on helping our clients to define, refine, measure and achieve their goals.

To learn more, contact us at 236.6878 or email Diane McCallum at [diane@ontru.bm](mailto:diane@ontru.bm)