

Coaching Program

HONG KONG - SINGAPORE - UNITED KINGDOM

Our Coaching process is uniquely crafted to help individuals focus on five primary areas as they navigate through their coaching journey.

Working together with an ICF Credited Coach (PCC), you can expect an in-depth and enriching coaching experience.

The coaching program is categorised into five specific areas based on a coaching model designed specifically to help individuals change and develop.

1) What Matters to You?

Here we look at your values and what is important to you.

2) Your Perspective Towards Self and Others

A deep dive into how you see, think and view yourself and others.

3) Acceptance

Your openness and willingness to embrace and accept the circumstances in which you find yourself.

4) Your Commitment

Keep yourself accountable for what you have decided to do.

5) Your Task

What you are putting in place to fulfil your commitment.

To know more about our coaching program, contact us [here](#).