



Integrated

LEARNING AND DEVELOPMENT

Personal,
Leadership &
Performance
Coaching

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What Is Coaching About?

Organisations today want to retain valued staff, have full engagement of their staff and provide a culture that will inspire the best in people.

Coaching is used at all levels of organisations today for professional development as well as for individuals who want to develop themselves, add quality to their life, improve performance, improve engagement or seek to make positive changes to their life and work.

At the heart of coaching there is change and transformation through clear focus and momentum for success.

The process of coaching explores, inspires, motivates, supports, challenges, keeps accountable and develops people to achieve their best and create new options and possibilities.

Coaching:

- ◆ inspires individuals or teams to **achieve their desired results** through personalised learning that is focussed, specific and immediately relevant to their needs. They determine the topics and agenda for coaching.
- ◆ empowers people to develop their leadership style and skills that engages and inspires to **achieve business and personal outcomes.**
- ◆ is empowering because **the results are owned by the person being coached.**

“The process of coaching... develops people to achieve their best and create new options and possibilities”

How Does Coaching Work?

- ◆ Coaching takes place as one-to-one or in small teams or groups which can be in person or via telephone.
- ◆ Sessions are part of a series which take place over an agreed timeframe.
- ◆ These sessions are a partnering process designed to meet the specific needs of the person being coached in a confidential environment.
- ◆ Each coaching session is focussed, purposeful and immediately relevant to the client's needs.

Throughout the program comprehensive coaching materials are provided and email and telephone support is provided between sessions.

As your coach I am your partner in clarifying direction and achieving your goals – your champion during a turnaround, your trainer in communication, a sounding board when making choices, your motivator when strong actions are called for, your unconditional support when you need it, your co-designer when developing a extraordinary project, your anchor during turbulent times and your wake-up call if you don't hear your own.

Commitment to ACTION

Coaching used together with seminars / training makes a powerful combination that gets the learning into ACTION. This combination enables people to personalise their learning through supported action, commitment to implementing their changes, being accountable and receive feedback throughout the learning loop.

Who Is Coaching For?

- ◆ Leaders who want to achieve greater success personally or professionally.
- ◆ Teams of people who want to improve their performance, productivity or culture.
- ◆ Professionals or executives who want to improve their performance, engagement or direction without burning out.
- ◆ People who want to take control of their lives or who want something more or better. For example, during a certain life stage such as business/career development, job change, divorce process, life or retirement transition.

Self-belief, motivation, choice, clarity, commitment, awareness, responsibility and action are some of the outcomes of coaching.

What Can Coaching Provide?

- ◆ Focus & accountability to achieve change
- ◆ Build & maintain motivation & momentum
- ◆ Empowered leadership skills
- ◆ Clear direction & perspective
- ◆ Full engagement
- ◆ Improved performance
- ◆ A new business / career direction
- ◆ Awareness & growth
- ◆ Greater energy, vitality & wellbeing
- ◆ Achievement of goals
- ◆ Integration of life & work
- ◆ Improved relationships
- ◆ Improved morale & culture
- ◆ Greater control of life & work
- ◆ Increased confidence & self-esteem

Inta Sellick

Inta is a highly experienced coach, trainer, facilitator and speaker specialising in developing people to excel in their performance, productivity and engagement.

Organisations today want to retain valued staff, have full engagement of their staff and provide a culture that will inspire the best in people. Therefore, the constant in Inta's programs is her commitment to, and focus on, people as individuals. As she says, "It's really all about the people".

Her extensive and diverse experience in the HR field within the public and private sectors (for more years than she now cares to specify) plus her personal experience as a company director with all its challenges and triumphs ensures the 'real' people issues are addressed, whilst ensuring relevance and high engagement in all her programs. She established Integrated Learning and Development in 2003. Inta is highly committed to providing quality tailored programs in coaching, training, seminars, speaking engagements, team and womens retreats.

Inta is qualified and accredited with studies in B.Bus (HR Development), Cert.IV Assessment and Workplace Training and Leadership Formation. She is a Master Practitioner of Neuro Semantics NLP, a Certified Retirement Coach and a 2003 accredited speaker with National Speakers Association of Australia. Inta is currently in the process of gaining her ACC International Coaching Federation credentials.

Integrated Learning and Development is an in-kind sponsor of SAYES (Business SA's SA Youth Entrepreneur Scheme), Cancer Care and provides educational scholarship and learning resource assistance to educationally underprivileged children in remote villages in the Pacific region.

Inspiring
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