

FROM WHERE YOU ARE
TO WHERE YOU WANT TO BE

WWW.DRTASNEEM.IN

COACHING PROGRAM

PERFORMANCE TRANSFORMATION

BY

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PERFORMANCE COACH



**CREATE MAGIC
AT WORK**

HOW COACHING PROGRAM WORKS

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**GAIN
CLARITY
BEFORE
COURAGE**

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5 STEP PROCESS

1. DISCOVER
2. BUILD
3. ACTION
4. REVIEW
5. SUCCESS



PROCESS HIGHLIGHT



01 DISCOVER

- Know Where You Are Now
- Understand Current Challenges
- Understand Tried and Tested ways
- Identify purpose and value

02 BUILD

- Learn where you want to go
- Identify Goals
- Weigh out motivation & inspiration
- Develop Performance Action Plan

03 ACTION

- Learn How to Take Action
- Developing New Habits
- Learning New Skill
- Execute Performance Plan

04 REVIEW

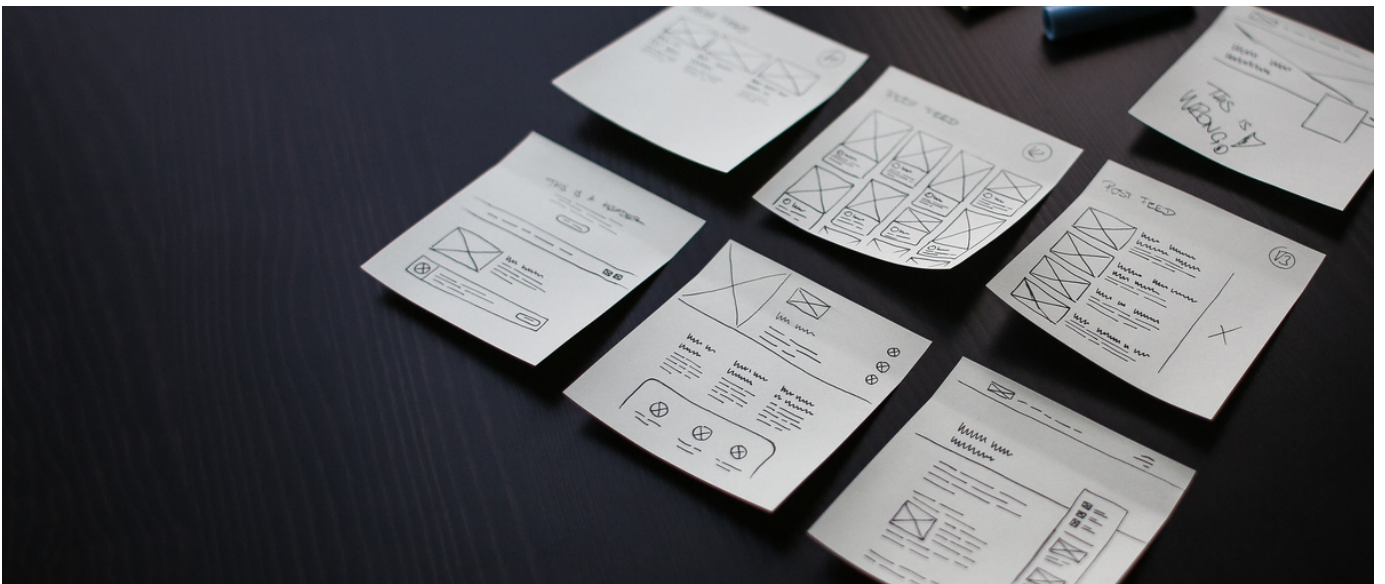
- Tapping on the Progress
- Handling Performance Barriers
- Celebrate Small Wins
- Keep up Motivation

05 COMPLETION

- Keep Moving Step by Step
- 12 Session to discuss topic of Your choice
- Feeling of Empowerment
- Celebrate your Achievement



What You Get In Coaching Program



01 12 individual coaching sessions (120 min each)

02 A Detailed Strategy & Action Plan

03 Personal Recommendations (videos, articles, activity sheets, podcasts)

04 Accountability partner to help you achieve results

05 Individual , Team & Organization Transformation



What Coaching Can Do For You



01 RE-ENERGIZE YOUR LIFE AND BUSINESS

The intensive, personal journey working with coach will unlock your potential and dissolve the obstacles holding you back. My Coaching is the surest way to continue leveling up in yourself and your business

02 HELP ESTABLISH VISION AND GOALS

Provide specific processes for self-discovery – to uncover clues about areas where you can have the greatest impact of you, your goals, and your situation.

03 PROVIDE ACCOUNTABILITY

As a performance coach I shall be your accountability partner, to keep you moving in the right direction. With a deep understanding of you, your goals, and your situation, I shall provide invaluable feedback at every step.

04 WORK WITH YOUR STRENGTHS & MANAGE AGAINST YOUR WEAKNESS

Using variety of techniques, I shall help identify how you learn, work, and how you will relate to others, identify what's working well for you and what's not working well for you.

ABILITIES YOU CAN BUILD IN COACHING PROGRAM

- 01** Develop a New and Exciting Performance Path
- 02** Recognize yourself and Develop your Skills
- 03** Let go your limiting self-belief and assumptions
- 04** Overcoming your fears & get into Action
- 05** Aligning your performance to your value & purpose
- 06** Gain Clarity and Focus and Build your brand
- 07** Robust Goal Setting Process
- 08** Get Clear Milestone of your Performance Journey
- 09** Transition into New Role, Domain, Function
- 10** Become more creative and innovative towards problem solving



COACHING PLAN

01 CONTRACTING

Sign contract by each coachee on coaching expectation and process.

02 ASSESSMENT & CHALLENGE IDENTIFICATION

Coach conducts assessment through interviews and comprehensive techniques and gain deeper insights about yourself.

03 GOAL SETTING

The Coach and Coachee jointly shall explore together and set Three Primary and 5 Secondary Goals

04 STRATEGIES & ACTION PLAN

As coach I verbalize and document strategies for each goal and within each strategy; set of actions Coachee would undertake to reach desired goal.

05 REVIEW & ACCOUNTABILTY

During each session discussion, we will review what you have accomplished since the last meeting and what steps are next in their action plan.

06 COMPLETION & CELEBRATION

Where we acknowledge and celebrate everything Coachee have achieved over the six months or One Year coaching engagement.

WHO AM I & HOW CAN I HELP YOU



I bring 17 years of work experience as a hybrid professional. I have worked with 57+ Organization and played HR, Trainer, Consultant & Coach roles

My learning journey includes Masters in Commerce, Masters in HR, PhD in Business Leadership and Brain Based Certified Coach (ICF)

In 2019, I realized my passion of helping people to maximize their personal and professional potential through improved and creative thinking and acquired additional skills for coaching.

I have Coached 66+ individuals including CXOs, Department heads, Sr. leaders, first time managers, executives on Personal Growth, Performance Enhancement, Team Leadership, Self Confidence, Emotional Regulations, Career Transitions, Lifestyle Habit Formation.

As your Performance Coach, I will help you get to know yourself better, clarify your life goals, help you with best action plan, being your accountable partner help you get into action mode and achieve impactful and life changing personal and professional transformation.

Are you ready to kickstart your transformation?

Go ahead, give me a call... !!!





**LOOKING FORWARD TO
WORK WITH YOU**



DR TASNEEM

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