

Coaching

# 360° Performance Coaching

This coaching session is designed to increase personal and professional productivity, leaving you with more time to focus on things that matter most.







## 360 Performance Coaching is About Gaining Control of Your Life

With an inbox full of email, countless meetings and still not being able to see significant measurable results are all reminders of how there just aren't enough hours in a day to get it all done. The MPS 360° Performance Coaching program is designed not to teach you how to "get it all done" but how to instead get the *right* things done.





This program begins is a wholistic approach to mastering your ability to produce results in all areas of your life. To connect with the person's core values, with an MPS consultant working with you to create a mission statement customized to you,

Our consultants will work with you in every area of your life: career, money, home, appearance and health, fun and leisure, friends and family, and contribution. When leaders are balanced in all these areas, they are more authentic they lead with integrity and strength, and they come from an empowered place.

### Primary Issues Addressed

-  Lack of alignment of contribution and values
-  Lack of clarity on vision and focus
-  Inability to sustainably change old habits
-  Inability to find inner balance, commitment, and strength

### Key Results & Takeaways

-  Creation of personal mission and goals
-  Increased achievement of key performance indicators
-  Increased awareness through adaptability coaching and mentoring skills
-  Balanced and authentic leadership skills and applications

## Course Outline

### Pre-Coaching Evaluation & Preparation

- Conduct 360-degree interviews collecting feedback
- Review client assessments that are valuable to the coaching engagement
- Determine desired outcomes
- Set up custom Productivity Survey Results and monthly tracking charts
- Pre-book eight coaching calls and Productivity Survey review meeting

### Implementation

- Evaluation of mission, and long and short-term goals
- Mastering results: Career, Money, Home, Appearance and Health, Fun and Leisure, Friends and Family, Contribution
- Working from the inside out to create sustainable change/results
- Exit interview to review post survey results and desired outcomes

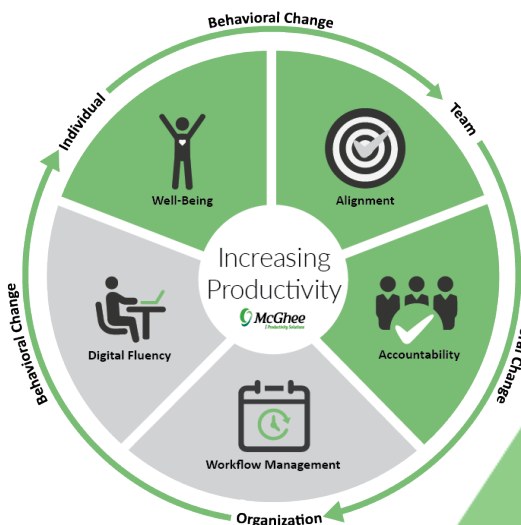
### Previous Participants Found:

**35%** Increase in their sense of a healthy work-life balance

**24%** Increase in a greater sense of control at the end of each day

“This is an amazing course and helps with the understanding of conscious leadership. Basically, you realize as a leader the impact you have on others... Game changer for you and the impact you can have as a leader. This is like no other training/coaching you have ever been through. ”

- VP, Fortune 500, Consulting Firm



## Sustainable and Effective Productivity Coaching

An initial meeting is conducted with stake-holders prior to the six-to-eight-month program to create outcomes and metrics.

Interviews will be conducted with colleagues at the beginning of the program to ensure an outside-look on leadership. Eight 2-hour coaching sessions are conducted over the course of the program. A productivity survey will be conducted at the end to measure specific results. This program includes unlimited email support and follow-up coaching.

MPS has a firm belief that optimal productivity is achieved when there is an alignment within five key disciplines: Well-Being, Alignment, Accountability, Workflow Management, and Digital Fluency. This program combines alignment, accountability and well-being to improve productivity.

Contact Us Today to See How Our Consultants Can Help You Improve Your Productivity!