

COURSE 5

Individual Accelerator: 5 x Coaching Program

The Individual Accelerator is a dynamic 5-session coaching program designed to propel your leadership journey to new heights. Tailored for executives, leaders or high potentials on all levels, this program offers personalized coaching to help you achieve your professional goals and maximize your impact.

Target group: Leaders or talents
Duration: 2-4 months
Format: Virtual or class-room training

COMPONENTS

- 1: Define your goals & aspirations
- 2: Identify personal strengths & challenges
- 3: Design your Individual Development Plan (IDP)
- 4: Improve your communication style and interpersonal relationships
- 5: Apply effective strategies to manage stress, maintain work-life balance, and sustain peak performance

