

## Ongoing and individually-tailored coaching

We understand that once you have experienced the real benefit that our coaching can bring to your life, you may well want it to continue. If this is the case then the *sima freestyle programme* has been designed with you in mind and will be tailored to your needs and objectives.

We respect the fact that the relationship with your existing coach has been a valuable partnership, so we build upon this effective foundation. Our strategy is to provide you with the support and service that absolutely suit you.

Together with your coach, you will develop the freestyle programme outline. Thoughtful consideration will be given to all you've done so far, to your motivation, and where you are heading. The meetings will cover matters of organisational and personal significance to you. The exact shape and style of these coaching sessions will depend upon the challenges and opportunities you are facing right now.

The *sima freestyle coaching programme* is usually six sessions of 2.5 hours, over a period of six months.

At the end of the programme if you want to continue, single meetings or a new freestyle set of coaching sessions can always be arranged with your coach.

You can relax, knowing that your coach is there for you whenever you need to take 'time out' to see them.

You will be able to clarify your thinking and return to the situation feeling more refreshed and focussed.

\*SIMA – the System for Identifying Motivated Abilities is a proprietary process owned by PMI Shares Inc.

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