



# Personal Effectiveness

## **Personal Counseling:**

Our consultants are equipped with adequate experience and expertise to support executives at all levels through personal coaching and counseling. The following areas are addressed through personal coaching and counseling;

### **Life Goal Achievement:**

Do you sometimes wonder whether you achieve your life goals or not? We provide personal coaching for life goal achievement. Areas like financial, social, family physical and spiritual are handled very effectively. Our coaches help the executives to develop their skills of defining the goals and developing effective action plan. Hand holding is done throughout the action planning and execution stage and coachees are continually motivated to progress towards the goals.

NLP / modeling techniques are used effectively for developing coachee's confidence to achieve the defined goals. Mind power is used very effectively for the same.

### **Grooming and self image branding:**

Self grooming and self image branding is a key contributor for social success. The clients are coached on effective grooming techniques and they are helped for branding their image at work and in society. Very effective techniques are communicated to each trainee suiting to his personality and temperament and area of working.

### **Career Counseling**

Do you feel stuck in your career? Are you looking for good advice for getting your next promotion? Do you often contemplate for changing your current job? We support the professionals in the area of career development. Individual personality profiling is done to provide them realistic career development advice. Our trainees are counseled to take right decision as per their current skills and future potential.

### **Parental effectiveness**

Are you concerned with the academic success of your child. Does your child throw tantrums in public due to which you have to face embarrassment frequently. Parenting is a very sensitive and important area for every one. Parenting is also an area where knowledge base is very low and children tend to suffer due to lack of good parenting skills with their participants. The parenting education is not very common in our society and parents even don't know what they don't know about parenting. Our personal counseling in the area of parenting help in developing skills of to bring up children effectively. Solution for various problems of children are suggested after analyzing child's behavior and parenting style.

### **Successful marriage:**

Are you concerned about your relationship with your spouse? Do you sometimes worry about the future of your married life? Our marriage counseling session provide you support in building enriching relationship between you and your spouse. We provide couple and individual counseling. Our relationship experts suggest customized solution to our clients after thoroughly analyzing their issues.

## **Benefits to Clients:**

- Personalized and customized solutions
- Information is kept confidential
- Continuous hand holding and support in implementation of solutions
- Scheduled as per clients convenience

For more information Contact:

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