

Transformational Resilience Coaching

Overview

Transformational Resilience Coaching uses a combination of two methods: **Co-Active Coaching®**, which more fully brings out what is already within a leader, and **Consulting**, which offers effective new strategies for achieving goals.

“Coaching is a powerful way of getting from where you are... to where you want to be”.

Past Client

This highly collaborative process fully engages the leader in self discovery on how to use inner strengths more effectively. Coaching also brings more awareness of the internal barriers that are getting in the way of success. Barriers are transformed into strengths as the coaching discussion develops. New strategies for achieving desired outcomes are explored and tested out in in the workplace and in key relationships.

Who Should Participate

- Professionals experiencing change
- Formal and informal leaders
- Managers & Supervisors

For More Information:

Contact us at (413) 527-6816 or info@boldnewdirections.com or visit www.boldnewdirections.com

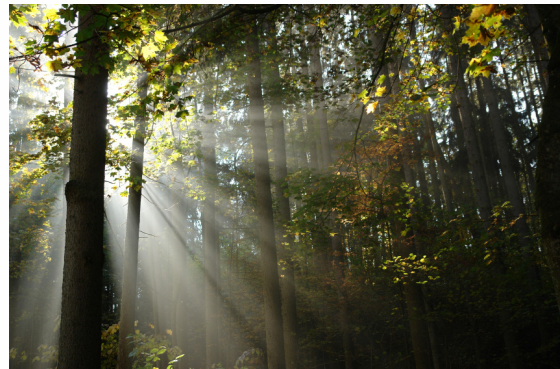
Benefits Testimonials

“Your questions and insights brought out the best in me. I appreciate how you challenge me to practice new behaviors and approaches that I otherwise wouldn’t have considered.”

David Sapper, Manager

You are a great coach! I felt your kindness in our conversations but you gave me that push when I needed it. You listened when I struggled and extended your hand when I needed to hold on to someone. I am truly grateful.

Tina Appleby, Entrepreneur



Logistics

- In person or via phone
- 30 to 45 minute sessions
- Three sessions per month