



Ecue Executive Coaching

Executive Coaching Explained

Coaching is having someone believe and encourage you to seek new horizons. It gives a fresh perspective, valuable feedback and a chance to 'bust' limiting thinking. It can provide valuable insight and an inspiring opportunity to create and achieve what is really important to you.

Coaching sessions are personal and give you the opportunity to work on exactly what you want and need. You will be encouraged to identify areas of change you require to gain meaning, positivity and results in your life.

Together with the help of Peter, your skilled coach, you will be shown how to set specific goals and form a practical plan to ensure you gain motivation, excitement and importantly momentum to keep going until you reach your desired outcome. Your Coach believes in your ability to achieve this.

Coaching Sessions

Coaching sessions are 45 minutes to 1 hour in duration by phone, Skype or in person. The number of sessions depends on your needs. Typically, Peter can work with you from anywhere between 3 to 12 months, with 1 to two sessions per month. You will also have unlimited email correspondence and sent any related resources as needed. Each session is linked, so that there is accountability, momentum and sustainability.

Topics

- Thinking Strategically & Creatively
- Personal Style Issues
- Building Confidence
- Relationship Management
- Effective Communication & Influencing Strategies
- Conflict Resolution
- Personal Goal Setting - Short & Long Term
- De-Stressing and Managing Self
- Positive Coping Strategies
- Family Goals
- Organising Self & Surrounds
- Leadership Skills
- Identifying and Planning for Your Ideal Job

Coaching organisations and individuals to build and broaden wellbeing and effectiveness.

Our Approach

Customised to the individual, coaching enables experienced and upcoming leaders to build and broaden their capability. Our approach is a solution focused and results oriented method that facilitates increased work performance, self-directed learning and personal growth of the individual.

Your Coach

Peter Ferreira is an experienced business and individual coach. With over 25 years in business, he has a proven track record of success in helping individuals reach their potential.

His experience encompasses both private and public sector organisations in the fields of manufacturing, engineering, financial services, transport & logistics, sales and marketing, and construction.

Peter's academic qualifications include:

- Bachelor of Behavioural Science (Psychology) *University of South East Queensland.*
- Graduate Diploma, Human Resource Management *Charles Sturt University.*
- Diploma of Counselling *Australian Institute of Professional Counsellors – AIPC.*

Peter will

- Assist you determine the areas in your life you want to change
- Tell you as it is
- Help you develop new skills
- Help you identify and resolve any blockages that have stopped you from reaching your potential so far
- Provide you with tools, techniques and resources to achieve the life you desire and deserve
- Be an independent 'sounding board' providing objective feedback in and away from the work environment
- Encourage you, support you and motivate you along the way

Note From Peter

From a young age, I had a keen interest and desire to understand what makes people "tick" and to use this knowledge to help others.

Over the years I've had the privilege of being coached and mentored by a number of outstanding people. To these people I will always be grateful about the valuable life and business lessons I learned.

I also learned that you can't do it alone. Irrespective of what stage of life you are in, we all need support and nurturing from other people from time to time.

Confidentiality is assured

For an obligation free discussion about how you or your organisation can benefit, contact Peter:

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