



In the world of high-performance sport, coaching is the norm. No matter how high-performing an individual or team is, **a coach is essential** to their success. Yet, in the corporate world, coaching can often be seen as a luxury, or worse — to address underperformance. Let's change this mindset.

Roger Federer has a coach. Do you?

Coaching provides the tools, insights, and accountability to help individuals and teams clarify their vision, priorities and stay disciplined to the routines and habits that will result in sustainable change.

What coaching is...

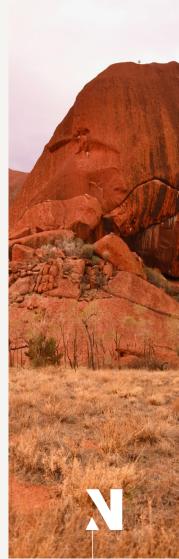
Building trust and demonstrating care so individuals and/or teams achieve results. Coaching is questioning, guiding and helping individuals drive their own development.

What coaching isn't...

Telling! Providing the answers has its place, but real change comes through self-discovery. Need answers? Find a mentor—an expert suited to your context, challenge, or opportunity. While coaches may mentor at times, it's not their primary role.

Outcomes

- Deep connection to individual meaning (purpose and values)
- Crafting your vision, the motivational future state you're going after
- Articulation of the priorities to achieve sustained high performance
- Capability uplift in what it takes to go from knowing, to doing, to evolving
- Establishing the rituals and habits of sustained high-performance





FIND YOUR NORTH WITH A PERFORMANCE COACH



Integration with performance or leadership development work

Coaching is embedded in our sustained high-performance program, supporting leaders to do the individual work required to contribute fully to the team performance.



Individual career and personal development

Coaching can be a standalone process to support the growth of individuals. We create a safe, confidential and objective space to navigate personal and/or professional challenges.



Expert partnerships

We collaborate with trusted coaching partners to bolster our intentionally lean team. They share our values and align with our psychological and performance frameworks. We work closely to match your leaders with the right coach.

COACHING APPROACH



Establish your purpose

Define priorities to achieve sustained high-performance



Action planning





Connect to your values



Craft your vision

Follow up, feedback, evaluate performance





Continued growth and evolution



SOME OF OUR COLLECTIVE COACHING STRENGTHS

We are experienced in team and individual coaching including:

Leading in disruption and building adaptive capability

Building the cohesion and performance of leadership and Executive teams

Coaching leadership teams to identify and address complex challenges

Cultivating deep personal resilience when leading in challenging contexts

Building psychological safety and accountability in teams

Facilitation of team dialogue and courageous conversations



COACHING TOOLS THAT UNDERPIN OUR APPROACH



Curious to know more about **North's Performance Coaching**?

Connect with us.



SHAPE POSSIBILITY





hello@north-co.com.au



www.north-co.com.au