

1:1 Executive Coaching Sessions

4 x 90 -minute, 1:1 session with an executive coach and a post-documented action plan.

Delivery Methods:

1. Virtual

Aim

To provide learners with the required knowledge, skills and understanding to speed up their career transition process with a clear plan and vision.

Who are these courses for?

Suitable for those in career transition, interviewing for new roles, in a new role or for those in a period of change within their current role.

Benefits for individuals	Benefits for employers and educators
<ul style="list-style-type: none"> • Supportive and informative framework • Session is tailored to your needs • Personalised action plan • Delivery is from an accredited executive coach • Clear direction and re-focused 	<ul style="list-style-type: none"> • Development of individuals can improve their performance and organisational productivity

What progression opportunities are there?

- ILM Level 5 Effective Coaching and Mentoring
- ILM Level 7 Certificate for Executive and Senior Level Coaches and Mentors
- 6 Month or 12 Month Coaching Sessions
- EMCC accelerated professional designation to practitioner level.

Who runs it?

The delivery of the course and principal personal support is run by **Arema Ltd**, which has highly experienced leaders and qualified coaches.