

Special Offer - Individual Power Coaching Pack

including complimentary personalised Assessment and Report

Understand stress triggers and use strengths to Thrive at Work

Who does this help?

- Any individual seeking to understand and deal with the impact of COVID-19 on their professional or personal circumstances
- Any individual hoping to gain strategies to help them gain greater clarity, focus, mindset change or motivation

How does it work?

T&G Psychologists are experienced, registered experts in workplace behaviour and change. T&G offer advice, coaching and counselling to individuals (or groups) via video conferencing.

- Using the recently developed and validated 'RemoteWorkQ' assessment, we will assess and reflect on an individual's strengths and potential risks for working remotely
- Each individual receives a personalised report which provides insight into competencies important for successful performance in a remote work environment, including Work Relationships, Work Habits, Self-development and Well-being
- Through the provision of tailored individual psychometric assessment feedback, we provide a confidential and positive forum to discuss and advise on individual concerns and coping style
- Each participant receives one-on-one feedback with an experienced registered Psychologist from T&G, regarding their RemoteWorkQ profile to help build personal coping strategies specific to their personal and workplace context
- This Power Coaching pack includes a 1 x 90 minute coaching session, during which the Psychologist supports the participant to develop a personalised action plan based on their coaching goals
- Post the coaching session, the Psychologist provides an accountability 'check in' to track progress and trouble shoot any hurdles that may be encountered

Outcomes:

- Participants gain insight regarding their individual strengths, personal resilience and suitability to remote working, including 'triggers' for stress
- Insight into how COVID-19 specifically impacts the participant and how to adjust, creating a greater capacity to navigate change, manage stress and re-gain focus
- Coachees are helped to build capability, engagement and progress career goals in and above the impact of COVID-19

Investment:

- Individual RemoteWorkQ survey and report, feedback and 1 x 90 min coaching session + accountability check-in: \$345 +GST (Normally \$690 +GST)

Note: Contact T&G prior to 31st May 2020 to book in coaching