

Coaching with the Action Plan Support Programme™

As a proven development practice coaching adds value to improve performance, confidence, awareness and insight to individuals and teams.

Coachees become more motivated, embedding positive behaviours, building confidence and gaining more clarity and awareness of themselves and others.

Coaching delivers 99% of the time

CIPD Survey

What is the APSP™?

The Action Plan Support Programme™ is a unique coaching service designed to increase the effectiveness of training and the performance of individuals and teams.

Attending any recommended Catalyst development course offers the learning and thinking time needed to provoke and actually commit to behavioural change.

Coaching with the APSP™ ensures training is more focused, valuable and individually targeted to develop successful habits and maximise individual performance.

What are the benefits?

For the coachee

A coach who offers confidential and positive guidance to support the agreed goals towards discretionary effort and improved performance

For the sponsor

A coach to increase the value of training, helping to embed new behaviours that can lead to:

- Improved performance
- Higher morale and motivation
- Increased retention of valuable personnel

What the service entails

An experienced Catalyst Personal Coach over 12 weeks with four coaching sessions (more sessions may be added)

Access to email and telephone support

The coachee and sponsor sign an Agreement to Enrol on the APSP™ with contact details

At the end of the workshop an Initial Action Plan is completed with a copy sent to us

The coach will then provide coaching after approximately one, four, eight and finally twelve weeks

We catch coachees in - not out - before each coaching session we make contact to arrange a specific time to call

At each coaching session we:

- confirm progress & discuss results to date
- agree direction and support for the next period
- email a coaching report after each coaching session
- email a final report to the coachee and nominated sponsor (unless otherwise agreed and for public goals only)

Full T's & C's available



Raising confidence
increasing motivation
activating successful results

Practical | Focused | Results-driven

www.catalystld.co.uk

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