

## Reset 3 - Coaching

Individuals--the fabric of every organization--have their own unique rates of development, based on both internal and external influences. Coaching dramatically enhances both personal and professional growth by helping individuals tap into their most effective style of communication and leadership.

Performance-improvement coaching is tailored to help individuals define their strengths, improve and target communication, and to become more effective, results-oriented leaders. A natural byproduct of coaching is in increased self-awareness, self-confidence and job satisfaction.

Reset 3 Consulting incorporates the following in the coaching process:

- Personality preferences (Myers-Briggs)
  
- Learning and thinking style
  
- Leadership style
  
- Communication style
  
- Values clarification
  
- Conflict resolution
  
- Stress relief
  
- Critical thinking essentials
  
- Improved presentation skills