

High Performance Coaching

Build high performance habits and insight to flourish

FORMAT

Flexible [in person | virtual | mixed]

DURATION

60 - 90 mins per session
~ 6 sessions per program

AUDIENCE

- Executive Leaders & Governance Boards
- People Managers, People & Culture Managers, & Talent Leaders
- Business Owners - Small Businesses

CONTACT US

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62%

more likely to hit targets on the job on average, with performance coaching (Jones 2016)



OVERVIEW

Plotting your path to peak performance is so much easier when you know where the right levers are. High Performance Coaching from eyeYou educates you on the evidence-based realities of how human beings achieve their peak performance and guides you to recognise which of your performance levers are acting as accelerators, and which levers are acting as performance handbrakes. The 6 levers of human performance give us a framework to understand what drives our performance, specifically where our strengths lay and how to leverage them, how to work with and on our relative areas of development, and the confidence to actively audit our energy and performance to maintain control, and sustainably flourish.

WHAT YOU'LL GAIN

- Working, practical knowledge of the 6 levers of human performance and what that looks like for you, and how these levers can show up in our culture, leadership, behaviour, performance, and influence our future
- Unmatched personal insight, and insight and influence of others
- A framework to guide your decisions, communicate effectively, and to deliberately and strategically manage your energy and focus to build sustainable performance across work and home

RESOURCES & SUPPORT

- Personalised development map
- Ongoing access to eyeYou resources, personalised and curated for your team, to guide specific concrete processes (e.g. challenging conversation guides, cheat sheets and frameworks for conducting effective one-on-ones)

KEY OUTCOMES

- Improvements in confidence and self-efficacy when taking on the complex challenges of today's working and home life
- Outcome studies aggregates report between 500% and 800% return on investment, over time

Visit our website, or contact us at hello@eyeyou.io to talk more, or for a free quote.