

INSPIRETRANSFORMACHIEVE

Catapult Coaching

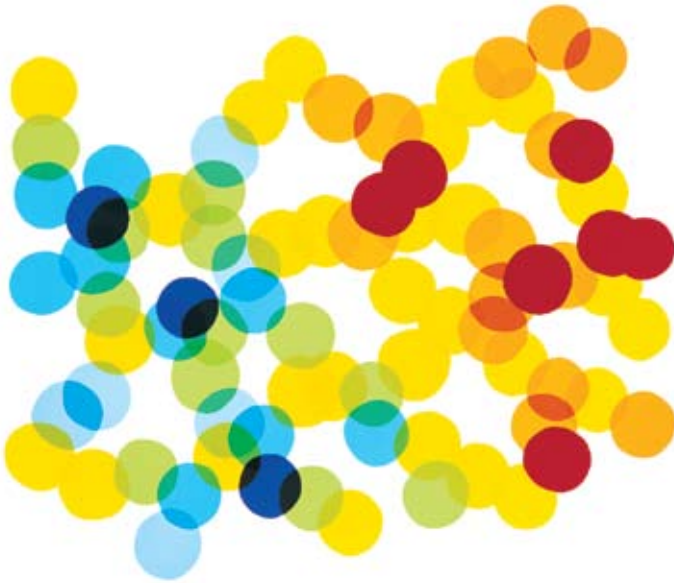
UNLEASHING YOUR POTENTIAL



Catapult Coaching will unleash your potential so you can go further, faster. It will help you be the best you can be.



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What is coaching?

Coaching is all about getting the results you want. It's a way of personalising your professional development. You set inspiring goals and focus on achieving them.

What will you get from *Catapult Coaching*?

Catapult Coaching will help you learn ways to be more effective and get better results. You'll tap into your personal potential and gain profound insights into yourself so you achieve more than you thought possible.

Working with a Catapult Coach you'll get a transformational learning experience that gives you a foundation on which to build high performance. A *Catapult Coaching* Programme will help you:

- Take control of what you are trying to achieve
- Set powerful goals and strategies for achieving them
- Identify the source of your personal power and confidence
- Build far greater self awareness and insight into how you think and act
- Explore your personal and leadership styles and how to use your styles most effectively
- Create an ideal work-life balance
- Tackle challenges and difficulties positively
- Know how to make choices and changes that are right for you and your team
- Gain energy, focus and thinking that is bigger and bolder
- Learn how to inspire others.





CATAPULT COACHING PROGRAMMES

Catapult Coaching is tailored to suit your needs.

We offer both personal and team coaching programmes.

PERSONAL COACHING – if you want to take your career to the next level or make a bigger difference.

CATAPULT LEADERS – a six or twelve part coaching programme exclusively for people who have completed the three-day *Catapult Leadership Programme*. Coaching for Catapult Leaders will maximise leadership potential by keeping you motivated and focused on achieving your leadership ambitions and projects. Coaching for Catapult Leaders is specially tailored to refresh and embed learning from the *Catapult Leadership Programme*.

LEADERSHIP COACHING – a twelve-part coaching programme for those wanting to take their careers to the next level or make a bigger difference. Leadership Coaching will challenge, inspire and transform your performance and empower you to lead others to high performance. You'll start with an initial consultation and goal setting session to set the focus for your personalised programme. Ten coaching sessions provide support to complete three powerful and compelling goals. Your final coaching session will embed your personal learning and refresh the toolbox of skills and resources you can use to maintain your success.

WORK-LIFE COACHING – is for people looking to get a better work-life balance or achieve new things in their career. Your initial consultation will focus on setting your personal and career goals. Ten coaching sessions will provide support to bring balance to your personal and professional life. The coaching series completes with a recap of your personal learning and a toolbox of skills and resources to maintain your work-life vision.

TEAM COACHING – for ambitious teams who want to be high performing. Catapult Team Coaching is the perfect way to build individual and team performance. The *High Performance Team Workshop* will set the direction for the team and enable team members to commit to specific goals and actions to enhance team performance. The workshop is followed up with personal coaching for individual team members to personalise learning and improve personal and team performance. Further team workshops will unleash the full potential of the team and provide a toolbox of team skills and resources.

What people say about Catapult Coaching

“Coaching is a really rewarding experience.

You are supported, encouraged and challenged to take on new situations and learn new skills.

Through coaching I've developed confidence at work and gained insights into myself.”

CW, Public Sector Manager

“To start with I was pretty cynical that coaching would do all the things I was told it would. But it did, and I've got a completely new way of thinking that's helped me to double the size of my business.” JW, leader of public sector trading unit

“Coaching has been a life changing experience.

I now have the confidence and belief that I can do whatever I set my mind to. I've also got the tools I need to keep moving ahead to achieve even more.” DL, Team Member

“Coaching helped me find what really matters to me. It's transformed my way of working and I'm now doing things I just could not have imagined before coaching.” PB, Team Leader

Coaching Clients

- Land Information New Zealand (*preferred supplier*)
 - The Inland Revenue (*preferred supplier*)
 - ALAC
 - Department of Building and Housing
 - Electricity and Gas Complaints Commission
 - Grant Thornton
 - Ministry of Agriculture and Forestry
 - Ministry of Justice
 - Ministry of Social Development
 - New Zealand Post
 - SPARC
 - Wellington City Council
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How does Catapult Coaching work?

Following an initial consultation and goal setting session, coaching sessions normally last around one hour, on a weekly, fortnightly or monthly basis. Coaching can be done on the phone or face-to-face.

You'll complete some preparatory work so you and the coach start ready for an accelerated learning experience. Between each coaching session you'll complete tasks that you've identified and committed to achieving. You'll get support between your coaching sessions by email or telephone to ensure you stay on track.

During coaching you'll learn lots about yourself. You'll have focus, energy and enthusiasm for what you are trying to achieve. On the coaching journey you'll meet with a range of experiences and emotions. The feeling of confidence, achievement and success will linger long after the coaching programme is complete.

You and your coach will sign a Catapult Coaching Agreement to ensure that the coaching partnership is as successful as possible.



FOR TEAMS

Team Coaching by Catapult will focus on building the whole team – the team leader and each individual team member. Team Coaching begins with a one or two day *Catapult High Performance Team Workshop* followed by individual and team coaching sessions.

Workshop sessions may include:

- Creating an inspiring and motivating team vision and goal
- Creating a stronger shared sense of team purpose
- Understanding the stages of team performance
- Understanding how the team works together and how this can be improved
- Preparing action plans to achieve the team's goals
- A DISC Behavioural Styles Assessment: personal and team profile
- Reviewing progress against the individual commitments made by team members to the goals and actions.

Personal or small group coaching will be provided for members of the team to support them in their personal development and their contribution to the team.



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About the Catapult Lead Coach

Julie Treanor leads *Catapult Coaching* Programmes. Getting the results people want is what motivates Julie as a coach. She brings the science and art of coaching together in a way that inspires and motivates people to achieve more than they previously thought possible.

Julie has spent many years leading multi-disciplinary teams in large and complex organisations. She brings a wealth of experience that helps people create and communicate a strong sense of purpose that leads to success and excellent results.

She has considerable practical experience in performance management, creative management, knowledge management, strategic planning, communications and marketing in the UK and New Zealand. As a qualified coach from Results Coaching Systems in Australia, Julie delivers high quality coaching within the code of ethics of the International Coach Federation.



Enquiries To learn more about *Catapult Coaching* contact Julie Treanor

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About Catapult

Catapult is an organisational and leadership development company dedicated to creating sustainable high-performance organisations. We believe that people and organisations are inseparable. There are no bottom-line results without individual and team achievement. Catapult is committed to ensuring the success of both. Our services focus on seven dimensions which together create high-performance (*diagram left*):

www.catapult.co.nz

catapult 
Breakthrough Performance