



# IMPROVE RESILIENCE AND PERFORMANCE THROUGH HOLISTIC COACHING

- **Integrated Coaching Approach:** Combines executive coaching with wellness and fitness support to address both personal and professional development.
- **Tailored for High Performers:** Designed specifically for high-potential employees and senior executives to strengthen leadership impact and resilience.
- **Focused on Measurable Outcomes:** Empowers participants to enhance effectiveness and well-being, leading to tangible, sustainable performance results.



## HOLISTIC COACHING FOR LEADERS

PERFORMANCE · WELLNESS · FITNESS

### PROGRAM HIGHLIGHTS

- **Performance Coaching:** Achieve goals through individual and group coaching sessions that focus on professional, personal effectiveness and increased resilience.
- **Fitness Coaching:** Achieve peak performance with tailored group fitness sessions.
- **Wellness Coaching:** Integrate wellness strategies to help increase energy levels and reduced stress.

### PROGRAM MANAGEMENT

- Dedicated Program Manager coordinating all aspects of the program.
- Learning Management System allows participants to review program, complete online reflections and access resources.
- Other software tools used to supplement the coaching.

### COMMITMENT

- Duration: 10 weeks with continued support for 6 months
- Time: ~3 hours per week
- Investment: SGD 6,900 per person (Between 6-8 pax)

### READY FOR TRANSFORMATION?

Reach out to learn more about this innovative approach to developing more balanced and effective teams.

### Contact Information

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