

THE CHALLENGE for leaders, managers and business professionals is to accomplish more with fewer resources.

Immersed in the day-to-day stress of responding to urgent demands, managers are often left without the structure and support they need.

THE SOLUTION comes through MINDtalk's Brain-Based Coaching, which provides a confidential, constructive and supportive venue for managers to systematically re-evaluate their strategy, direction, priorities and purpose.

At the same time receiving experienced and independent counsel while staying focused and effective.

HAVE YOU BEEN THINKING ABOUT THE BENEFITS OF HAVING A SPARRING PARTNER?

MINDtalk developmental dialogues are geared towards building confidence, certainty and clarity both professionally and privately.

GET IN TOUCH WITH US TO FIND OUT HOW WE CAN HELP YOU OR YOUR TEAM.

MINDTALK@EMAIL.COM

WWW.MINDTALK.NO

+47 957 66 460



MINDTALK
CREATING INSIGHT

LEARNING TO UNWIND THE MIND



**BRAIN-BASED
COACHING**

THE CHALLENGE

The three biggest and most critical challenges our clients face on a day-to-day basis are:

- How to deal with stress and ever-more demands in an increasingly hectic work situation
- Having no one to talk with about professional and private concerns, problems or ideas
- Lacking the confidence and the communication skills to handle difficult conversations (i.e. giving feedback, resolving conflict, dealing with difficult people etc.)

THE SOLUTION

MINDtalk approaches each of these critical challenges by:

- Helping people improve their self-management skills through clearer awareness as to how they prioritise tasks; how they define importance; and what drivers push or pull them (internal or external)



MINDTALK

CREATING INSIGHT

- Creating insight & gaining balance
- Clarifying & pursuing goals
- Learning to effectively overcome obstacles & resistance
- Sharpening leadership skills
- Building confidence & trust
- Modifying interaction or behavioural style
- Dealing effectively with change

- Providing a safe forum where clients feel they can discuss concerns with a neutral, objective, third party who can spar with ideas through candid conversation and constructive feedback
- Providing clear, concise and concrete step-by-step communication skills to handle difficult conversations

THE BENEFITS

Our sessions with clients provide specific benefits with each of the key-challenge areas. Clients feel:

- a greater sense of control and oversight that comes with improved self-management skills, which influences how they perceive their day and how they deal more effectively with stress
- a greater sense of insight when they are able to talk freely about ideas and concerns and know they will get objective and constructive feedback
- a stronger sense of confidence and mastery when they need to have crucial conversation, because they have and know the necessary, specific communication skills