



6- 12 Month Program:

Stage One: The Passion

- Business Review: *Recognition, Identifying resources and awareness*
- What works What doesn't – What drives you.
- What you are currently doing and what you need to improve.
- New ideas and processes and recommendations

Stage Two: The Commitment

- Review of Financial outcomes – *The truth of any business is always in the figures.*
- *Defining and clarifying priorities*
- Initial Personalised Actions Planned – your **Commitment** or/and
- Review or Develop Management Plan.
- Matching of financial measurement (KPI) with Business Goals
- Reviewing implementation: Discussing, accountability and sounding board.

Stage Three: The Focus and Action

- ***Working on identified focused strategies and areas of development.***
- *Measuring* the successes of your **actions**
- Follow through reporting and accountability sessions.

Initial interview:	General Discussions	Payment Process	Hours	Fee
Stage One 1 st Month	Business Review and Recommendations and	\$550.00 Payable prior to meeting	3 Hours	\$550.00
Stage Two 2 nd Month	Financial Benchmarking and Analysis Initial Personalised Actions Planned	Agreement and advance payment \$1100.00	3 Hours <i>Between contact as needed.</i> <i>+Brief phonecalls</i> <i>+email response</i>	\$550.00 per month
3 th Month –	Discussions/Reporting: Achievements/Priorities/successes and challenges opportunities and New priorities	Advance payment \$1100.00	1.5Hours <i>Between contact as needed.</i> <i>+Brief phonecalls</i> <i>+email response</i>	
4 th Month -	Discussions/Reporting: Achievements/Priorities/successes and challenges opportunities and New priorities	Advance Payment \$550.00	1.5Hours <i>Between contact as needed.</i> <i>+Brief phonecalls</i> <i>+email response</i>	
5 th Month	Discussions/Reporting: Achievements/Priorities/successes and challenges opportunities and New priorities		1.5Hours <i>Between contact as needed.</i> <i>+Brief phonecalls</i> <i>+email response</i>	
6 th Month	Discussions/Reporting: Achievements/Priorities/successes and challenges opportunities and New priorities		1.5Hours <i>Between contact as needed.</i> <i>+Brief phonecalls</i> <i>+email response</i>	
One & Two			13.5Hours	\$3300.00
Stage Three 7 th Month- 8 th Month 9 th Month 10 th Month 11 th Month 12 th Month	Focus Action and Measurement		6 x 2 hours <i>Between contact as needed.</i> <i>+Brief phone calls</i> <i>+email response</i> <i>+some extra resource tools</i>	\$3300.00
12 months			25.5Hrs +	\$6600.00

Believe in Yourself, Your Family and Your Community

As a Business Coach we help clients to:

- Rediscover their dreams and goals.
- Clarify priorities.
- Locate and utilise appropriate resources and strategies.
- Stay on tasks and in action mode.

The way we coach:

- Through a positive relationship of inquiring and focusing on personal development and awareness of goals.
- By encouraging profit improvement through a proactive attitude to options finding, instead of problems finding.
- Through developing an understanding and recognition of their responsibility for their choices which influence their success.
- By encouraging the measuring of outcomes for continual performance improvement.

What does coaching mean:

- Deepening a clients self awareness of their own resources.
- Facilitating the recognition of dreams, goals and the required direction of both personal and business activities.
- Defining of the steps needed to achieve such dreams and goals with guided supportive action.
- Deepening a client's learning.
- Improving the client's profitability and success by enhancing positive attitudes.
- Providing an extra bouncing-board which many business people need from time to time.

We guide clients into recognising and producing their own results through positive questioning, self prophecy and positive attitude awareness helping them research, plan and measure. With each session (or Board meeting) clients are able to choose the topic and through listening, questioning and objective suggestions the clients creates their own clarity and actions to progress to solutions and goals of their choice.

Helen believes we all have the resources to positively step forwards and reach those goals that we dream of. Sometimes we just need that encouraging hand, and supportive listener to see those resources which others see from the outside, but which we may overlook in ourselves.

We just have to set on a course, recognise the challenges and opportunities and utilise our own resources.

Coaching aims to increase:

Self-awareness, Personal achievements, Enjoyment of life and Business Profitability

Small Business Improvement Services

Working to improve and develop your business profitability and marketing

Creating & Facilitating Visions, Strategies & Tactics for that Competitive Advantage

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