



INTEPEOPLE

HUMAN RESOURCE CONSULTANTS

INDIVIDUAL COACHING



PERSONALISED COACHING, TAILORED TO THE INDIVIDUAL

Coaching is about the coachee finding the right answers for themselves, rather than being given advice as in a mentoring situation.

The first session concentrates on unlocking three highly motivating goals for the coachee to focus on during the engagement. The duration of a coaching engagement is usually 3-6 months long, to gain momentum in their personal and professional lives.

Using the scientific model of Neural Leadership, the sessions follow a unique Brain-Based Coaching methodology that is:

- ▶ **Neuroscience Based**
Understand how and why the methodology works.
- ▶ **Process Focused**
Facilitating results with a clearly articulated and well-structured process.
- ▶ **Outcome Driven**
Providing clarity around ways forward by focusing firmly on setting and achieving objectives.
- ▶ **Neuro-Linguistic Programming (NLP)** can also be included within the coaching sessions when needed. NLP can help clients make significant changes, e.g. change limiting beliefs, release stored negative emotions, finding clarity with internal conflicts, etc.



"Personalised coaching with Anna has been the most valuable piece of professional development that I've done in my career. Reflecting back on my goals, values and learning some fresh strategies has helped immensely. My attitude to both my home and work life has changed significantly, I can't recommend this highly enough!"

Christine Officer
Partnership Development Manager
Department of Conservation

FREQUENCY

Sessions begin fortnightly to gain momentum. They are then spread out to every 3-4 weeks to give the coachee the time to practice the tools and insights achieved within sessions.

Anna Gibbons
Intepeople Executive Coach

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WWW.INTEPEOPLE.CO.NZ



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EXECUTIVE COACHING WORKSHOPS

EXECUTIVE COMMUNICATION SKILLS WORKSHOP

Neural Leadership's Brain Based Communication

Learn the five social domains that our brains need in order to perform at our best.

SCARF

Discover how to implement SCARF in your communication, to enhance trust within your team and build positive relationships.

Mind-reading

Discover why this is a waste of energy and how to liberate yourself from this.

Emotion Regulation

Learn how to control your triggers so you can communicate effectively during conflict or in stressful environments. When you learn how your brain operates you can empower yourself both on how you receive and articulate communication.

Listening

Are you truly listening? Learn the basic skills of listening so your colleagues can feel heard and in return increase their trust towards you.

DURATION

Workshops are three hours long and can be completed over one, two or three sessions.

EXECUTIVE WELLNESS WORKSHOP

'The Healthy Mind Platter' by David Rock

Learn the seven essential nutrients (mental states) for wellness and performance.

The Wheel of Life

Discover what gives your life meaning and how to make time for these things.

Scientifically Proven Positive Thinking

Understand the science behind positive thinking. Why is it worth creating a habit of positive thinking? How does it improve your happiness, wellbeing AND performance?

Mental Tool Kit

Take away practical tools for creating a habit of positive thinking. Practice trumps genes!



"Anna delivered a wellbeing workshop that 100% hit the mark for both content & delivery! There were many lightbulb moments about what we need to focus on to be the best we can be.

Anna's friendly, authentic style made the workshop really enjoyable and comfortable for the team.

We are committed to our wellbeing journey thanks to the knowledge and tools Anna shared with us."

Natasha Hayward

**Operations Manager - Maniapoto District
Department of Conservation—Te Papa Atawhai**

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RECONNECT COACHING

PARENTAL LEAVE COACHING PROGRAMME

Reconnect with Self, Work and Family.

Reconnect Coaching is a results orientated coaching programme which ensures that working mothers gain the focused support to leverage their full capability to benefit the mother, her family, her manager and the organisation.

Find out more about this programme at www.reconnect.coach



"Anna's coaching was a lifesaver during my transition back to work from maternity leave.

She really understood me and our coaching sessions were completely tailored to my needs.

I now have a suite of practical tools to help me balance home and work."

Justine Fitzmaurice
Associate Director, KPMG



ANNA GIBBONS
Executive Coach

ABOUT ANNA

Anna is passionate about working with individuals to fulfil their potential and thrive. Her coaching style is holistic and she enjoys partnering with her clients to enable them to create and attain achievable goals.

Since completing her Brain-Based Coaching Certification, Anna has gone on to develop a programme of coaching which she now uses at Intepeople.

Given the right tools, Anna believes every person can enhance their performance and sense of wellbeing.



"I was extremely fortunate to be given the opportunity to work with Anna Gibbons.

Anna has a very approachable personality and skills that encourage people to actively review and reflect on what is going on in their life to gain clarity.

The tools that Anna graciously shared I use daily and have assisted me greatly to manage my expectations and open up my communication skills. This has improved my versatility working among a wide range of personalities in our leadership team.

I find my days so much more positive and enjoy this calmer operating mode that I am sinking my teeth into."

Jonny Cook
Container Operations Manager, Port Nelson

Anna Gibbons
Intepeople Executive Coach

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