



TERAGRAM

Coaching and Consulting

TERAGRAM Coaching & Consulting
1891 Centre Road, RR2
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We have categorized five main areas of TERAGRAM Coaching and Consulting's areas of expertise.

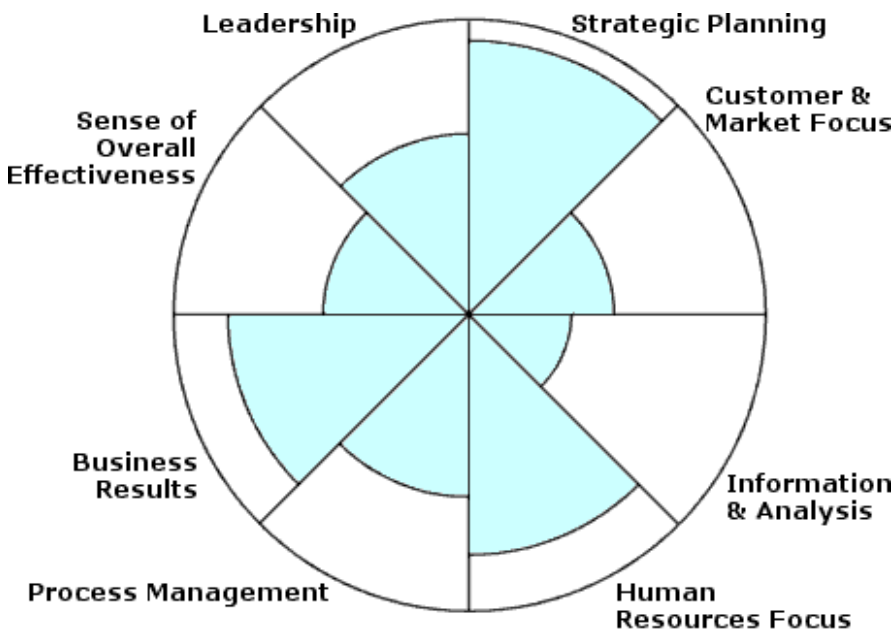
On the following pages you will be able to see if you might benefit from these types of coaching:

- Individual Coaching Page 2
- Corporate Coaching Page 3
- Leadership Coaching Page 4
- Executive Coaching Page 6
- Team Coaching Page 6

Please Proceed to read Pages 2 through 6 ...

Wheel Example

On some of the following pages you will be presented with a Wheel of Effectiveness. Here is an example of how to fill out this wheel.





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Individual Coaching

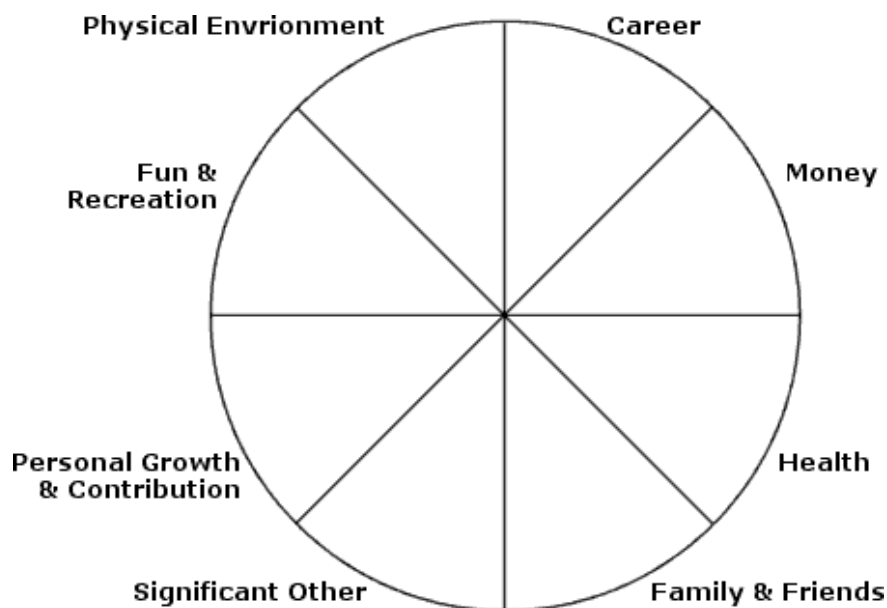
- Is there something holding you back from what you want most in life?
- Are you under constant stress?
- Do you want to bring about change in your life?
- Are you currently "tolerating" things in your life that you would have different?
- Do you procrastinate about things?
- Would you like to feel a greater sense of satisfaction and fulfillment?
- Are you living the life others want you to live rather than living the life you want?
- Are you realizing your full potential?
- Do you have positive relationships?
- Do you feel challenged with your work / life balance?

If you answered "yes" to any of these questions, coaching would be an excellent investment in living the life of your choosing. [Contact Us Today!](#)

How Balanced is Your Life?

THE WHEEL OF LIFE

The eight sections in the Wheel of Life represent Balance. Seeing the center of the wheel as 0 and the outer edges as 10, rank your level of satisfaction with each life area by drawing a straight or curved line to create a new outer edge. (See an example on the Page 1.) The new perimeter represents the wheel of your life. If this were a real wheel, how bumpy would the ride be?





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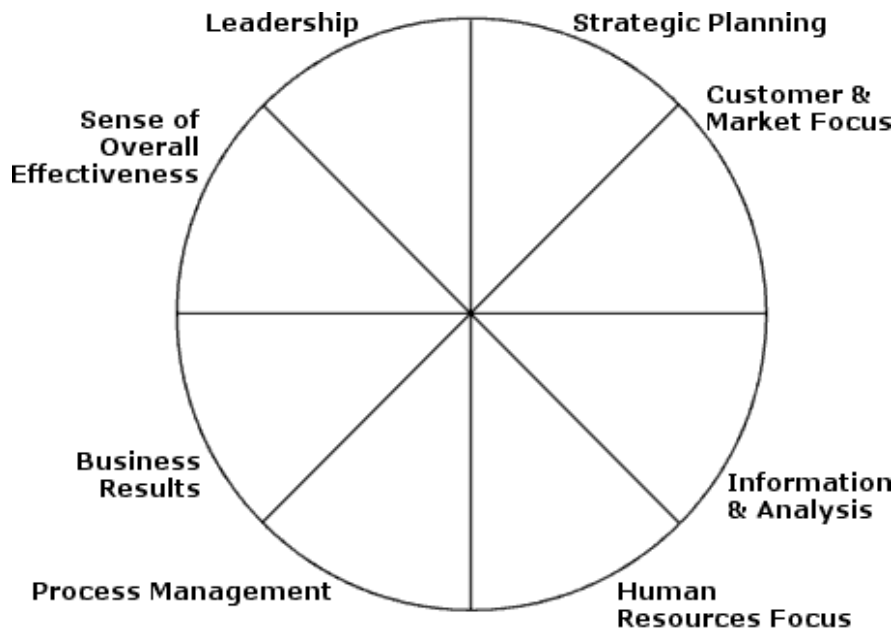
Corporate Coaching

- Is your organization free of "communication problems"?
- Do your various departments work well with each other?
- Are your customers delighted with the service you provide?
- Do your employees have high morale?
- Do your work teams consistently strive for and achieve superior performance?
- Are your company values consistently reflected in the work/attitudes of all levels of management and staff?
- Do you feel your organization operates in a cohesive and and co-operative environment?
- Do you easily get employee buy-in when implementing new ideas?

If you answered "no" to any of these questions, coaching would be an excellent investment in the future of your company or corporation. [Contact Us Today!](#)

THE WHEEL OF ORGANIZATIONAL EFFECTIVENESS

The eight sections in the Wheel of Organizational effectiveness represent balance. Seeing the center of the wheel as 0 and the outer edges as 10, rank your level of satisfaction with each area by drawing a straight or curved line to create a new outer edge. (See an example on the Page 1.) The new perimeter represents the wheel of your organizational life. If this were a real wheel, how bumpy would the ride be?





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Leadership Coaching

- Do you have help with your professional development?
- Do others in your organization have help with their professional development?
- Do you or others have help in dealing with specific business issues?
- Do you or others have help in developing strategic thinking, managerial and leadership skills?
- Are you able to transform chaos into sanity within your organization?
- Are you honoring yourself and your people?
- Are you a mentor/coach to your people?
- Is everyone in your organization maximizing his or her productivity?
- Are your teams as effective as they could be?
- Are you leveraging your strengths and those of your employees?
- Are you a powerful communicator?
- Do you have solid relationships with your peers and employees?
- Do you have work/life balance?
- Are you realizing your full potential?
- Do you / your organization have a leadership plan?
- Are you able to deliver your key achievables, get home in time for dinner, and still have energy left for your family?
- Do you easily get employee buy-in when implementing new ideas?

If you answered "no" to any of these questions, coaching would be an excellent investment in the transformation from a good leader to a *powerful* leader. [Contact Us Today!](#)



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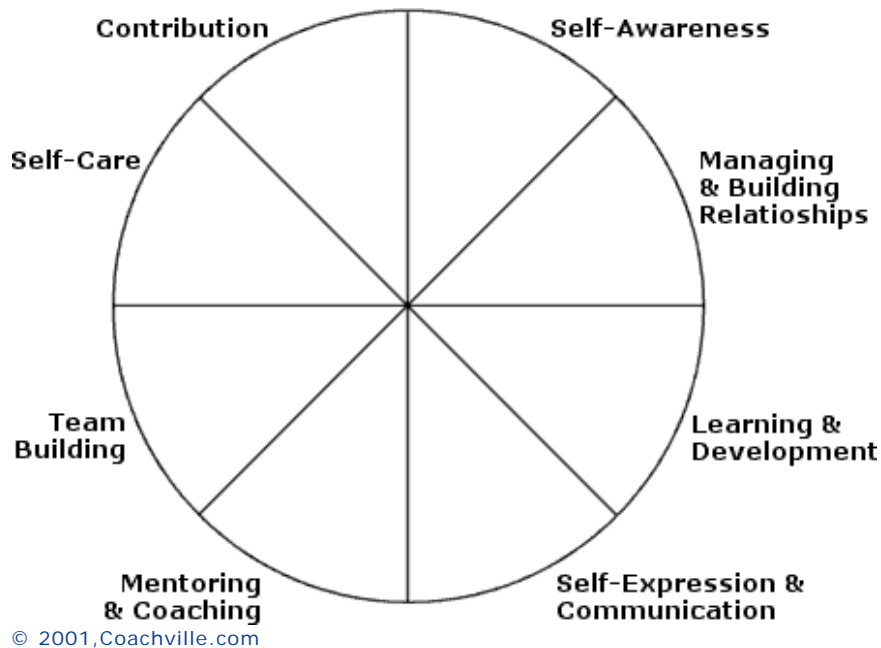
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THE WHEEL OF LEADERSHIP EFFECTIVENESS

The eight sections in the Wheel of Leadership effectiveness represent Balance. Seeing the center of the wheel as 0 and the outer edges as 10, rank your level of satisfaction with each area by drawing a straight or curved line to create a new outer edge. (See an example on the Page 1.) The new perimeter represents the wheel of your organizational life. If this were a real wheel, how bumpy would the ride be?





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Executive Coaching

Do you feel lonely at the top trying to make decisions without an impartial sounding board?

Would you like an impartial person to strategize with?

Are you too busy putting out fires to take a step back and look at your business objectively, to take the time to plan for the future or to develop your employees into team players to maximize their effectiveness?

Would you like an opportunity to receive some constructive feedback on your business ideas?

Would you like to effectively communicate your vision to your people?

Do you feel challenged with your work / life balance?

Are you struggling to achieve your key deliverables while still able to get home in time for dinner and have energy left for your family?

Do you struggle implementing new ideas and getting employee buy-in?

If you answered "yes" to any of these questions, coaching would be an excellent investment in yourself. [Contact Us Today!](#)

Team Coaching

Do your teams enjoy a cohesive structure?

Are your team members willing to depend on each other?

Do your teams willing unite around a challenging common goal?

Are you teams empowered to implement consensus decision-making?

Do your teams willing share responsibility for their task?

Are all teams members willing to get involved, be briefed, be trained and accept challenge?

Do your team members communicate openly and actively listen to each other?

Do your team members have mutual trust, support and respect for each other?

Are your teams working effectively?

If you answered "no" to any of these questions, coaching would be an excellent investment in building a team cohesive corporate culture. [Contact Us Today!](#)