



"Working with Vicens Castellano has been an experience that has surpassed my greatest expectations. I approached the idea of coaching as a complete skeptic, but have to admit that I have obtained a great deal more than what seemed reasonable to expect. If you can handle someone asking some pretty probing questions, work with Vicens!" F.J.

"Don't hesitate to hire this man! Vicens Castellano has taught me to see the gift in every problem. The results can be seen in my team, my business and, most importantly, my family! Thanks, coach, from the bottom of my heart." S.L.

"Many thanks for your effort, enthusiasm and dedication as a coach and for your patience and interest in really helping me. I am happy that I have had the opportunity to exchange ideas with you, to be personally enriched by our sessions and to now be able to take the positive decisions necessary to build a future. Don't ever leave the field of the coaching!" R.D.

Executive Coaching is aimed at improving the performance of professionals with high levels of responsibility and demanding schedules. For example, Executive Coaching can help you to:

- improve the organization and management of your time
- identify and focus-in on professional or personal priorities
- obtain detailed feedback on your performance and progress
- receive support during phases of transition
- improve your abilities to influence and communicate with others
- discover the objectives that are worthwhile
- develop and implement a professional career plan
- acquire more control over your emotions

Content

Coaching helps you identify goals, obtain results, and bridge the gap between 'who' you are today and 'who' you could be tomorrow.

From the coach's perspective, you are full of skills and possibilities. A coach helps you to be centered, to organize your thoughts, and to establish time-limits for your projects. A coach helps you to grow, to develop your strengths, and to tolerate higher levels of risk and fear.

By working with a coach, you will be able to eliminate the things that you no longer want in your life.

Logistics

Executive Coaching can be conducted either over the telephone or face-to-face. Phone Coaching is convenient, flexible and saves considerable travelling time. It can be done from the comfort of your office, home or wherever you happen to be. All coaching is confidential and private.

Most clients follow 4 individual 40-minute coaching sessions per month. In addition, there is unlimited email contact and you can count on the support of your coach if you have an urgent need for additional phone contact.

Next Steps

For more information, sign-up for a free 30 minute information session with one of our coaches. Sessions are carried out over the phone and are free of charge. Call us at 93 238 7140 to arrange your session.