

# COACHING AT QD&CC

#### Overview of our Executive Coaching Services

QD and CC is committed to development in all aspects of your professional life. We are delighted to offer our executive coaching services to you. The information below explains a little more about this service.

## What is Coaching?

Coaching is professional development, offered through the experience of a one to one relationship between you, the client, and our experienced executive coach. Coaching is deeply personal and bespoke to your needs. Coaching is an opportunity to develop in areas that are specific and personal to you and your professional goals. The quality and nature of the coaching relationship we offer provides you with an opportunity to experience deeper learning and a permanent change in your professional life.

#### Who is it For?

Our philosophy at QD and CC is that everyone who is seeking development can benefit from executive coaching. Due to the nature of the one to one coaching relationship, great results can be achieved in less time and last more permanently than undertaking generic development in group facilitated learning.

We offer experience in coaching at all professional stages, career types, work settings, and work styles, including self-employed, family business and corporate settings.

# How does Coaching Work?

Coaching is normally delivered over 6 sessions. The first and last session are for one and a half hours in duration, and the remaining session lasts one hour. Coaching can be delivered at your workplace or at another private location. Sessions are normally one month apart however this can vary depending on objectives and timeframe and will be mutually agreed between you and your executive coach.

Our Coaches are bound by the ethics and confidentiality codes of the European Mentoring and Coaching Council (a copy of which can be provided should this be requested).

### What is the Investment?

Our coaching services are the most competitively priced in the market. Our coaches are Doha based, have worked in industry in Qatar are internationally qualified and available to you at the rate of QAR7,200 for 6 sessions.

#### Would you like a free consultation?

Please contact us for an informal, no charge conversation with one of our coaching team.