

MaxMe Courses

MaxMe means Maximise Me: a researched, tested and proven means of maximising an individual for excellence. We coach and provide access to information to empower you (our client/s) to:

- **Explore and identify your unique talents**
- **Exploit all your available resources**
- **Execute your goals, values and add value to others**
- **Experience a positive and quality life**
- **Excel now and forever**

MaxMe Life coaching session is essentially a conversation – a productive dialogue between coach and client/s within a results-orientated context, which involves helping individuals access what they already know. As a coach and information practitioner we will assess what you already know and assist, encourage, and support you to find the answers from within and access information available.

Sam Abayomi Soyombo (SAS) is the initiator of **MaxMe**. With background in providing information as a Librarian and 17 years' experience of working in public, private, and educational environment in England and Scotland. Sam is ideally placed to recognise the demands on parents, young people, employee, and employers. He worked in public and academic settings at frontline, senior and managerial levels which opportune him to mentoring many staff and seeing positive changes in them. This has influenced his interest in coaching.

We provide integrated information guidance and access seminars for personal, skills and IT development opportunities to our clients to empower them in their personal and professional life; and maximise their potentials in all their endeavours. We offer an extensive choice of learning events and resources, reflecting the wide range of Information Literacy, Coaching and Youth services supported at **MaxMe**. (Please see the course calendar for all the course details)

MAXME PRE EMPLOYMENT SCREENING SERVICES

Personality profiling is a method of analysis that enables an organisation to understand and evaluate an employee. Often used for pre-employment screening, such profiling can also assist in development and training as seen in our Effective Change Management Workshop.

Organisational Benefits of Personality Profiling

MaxMe advocates that organisations make full use of profiling and the benefits that it potentially offers. It can also be used to:

- ***Improve productivity;***
- ***Increase retention rates;***
- ***Improve the quality of employees;***
- ***Reduce absenteeism;***
- ***Reduce costs associated with training;***
- ***Predict threats by employees, such as risks related to sabotage, fraud, and spying; and,***
- ***Reveal changes in employee attitudes which can predict job dissatisfaction and decrease productivity.***



The use of personality profiling as a pre-employment tool is a well used method for finding the best applicant for the job. On the other hand, if employees are only selected on the basis of their interview and past work experience, they may not be suitable for the job and productivity will suffer. Using personality profiling can assist in producing higher staff morale and higher productivity levels. Higher staff morale can mean a decrease in absenteeism. Selecting the right employee for the right job can increase staff retention, thereby reducing training costs.

PLEASE CONTACT US TO ARRANGE A QUOTE FOR YOUR PRE-EMPLOYMENT SCREENING SERVICE

SKILLS DEVELOPMENT COACHING

Course	Duration	Fee Per Participant (₦)	Date and Venue	Course Description
Confident Communication and Interpersonal Skills(CCI)	3 Days	30,000	Apr 12-14 Lagos Jun 28-30 Abuja Oct 4-6 Port Harcourt	The easy way to enhance interpersonal skill is through improved Communication – Expressing ideas creatively, concisely and confidently. Skills to empower confident communication with Clarity Conviction and Impact. The aim of the course is to develop the art of getting message across confidently and effectively. Five days of coaching, themed case studies, group sessions, with assignments and practical sessions to consolidate new skills learnt. Themed coaching case studies, practice, presentations and feedbacks on Creating the right impression.
Customer Service and Psychology of Selling(CSP)	3 days	30,000	Jul 14-16 Abuja Oct 13-15 Lagos	This course gives general overview of: how customer services can be harnessed with the application of the Psychology of Selling; Developing a powerful sales personality. Understanding why People Buy, Creative Selling; Approaching the Prospects, The Sales Process; The Psychology of Closing, When Objections Get In The Way; Winning Closing techniques; keys to success in selling. User reactions; Improved efficiency; Improved quality of service; Improved relevancy, Improved consistency; Better communication; Better integration; Improved customer relations and satisfaction.
Effective Project Management(EPM)	3 days	45,000	May 19-21 Abuja Nov 8-10 Lagos	The step by step guide to getting your project finished on time and budget. The course will introduce participants' to the ability to identify and define a problem; research relevant information; devise and implement a strategy including organising people and resources; understand the financial implications of decisions and actions, and to see the links between actions and goals; monitor and review. Working on the Project; Writing the Project Report; The Oral Presentation; Overall Project Assessment; What can go wrong on a project? Why a Project Management Methodology?
Effective Change Management(ECM)	5 days	70,000	May 31-4 Jun Abuja Aug 30-3 Sep Lagos	This is a one-week organisation coaching for change. A Strategic approach to delivering and sustaining organisational success. Either to maintain current behaviour, or to develop new attitudes and behaviour. Analysis of human, technical and structural objectives; and hidden goals for change. Report on personality traits and analysis of current and potential human resources; On-site and Off-site activities. Task analysis; project management; managing resistance; keeping on track; review and learning from the process. The last hour of the last day is a celebration hour.

Delegation and Negotiation Skills(DNS)	2 days	25,000	May 20 - 21 Abuja Oct 11 - 12 Lagos	This course will focus on benefits and barriers of delegation; building a relationship, management style, the delegation process, competence and confidence, understanding accountability, agreeing objectives, monitoring, review of progress, and scope for developing delegation. Successful negotiating strategies, Stages and phases in successful negotiation, conducting a negotiation build you confidence when negotiating, and closing a negotiation
Improved Performance and Productivity(IPP)	5 days	65,000	Jun 7-11 Lagos Sep 20-24 Abuja	The course will focus on the implication of corporate mission and strategic goal, business and department plans and goals, performance development plan, Action, competence requirement and evidence, performance appraisal and measurement, continuous monitoring and feedback, formal review feedback and joint assessment, diagnose weakness and learn to overcome them rating and reward. The easy way to improve your productivity through Organisational Skills – Increase your freedom, creativity, and inspiration through effective performance management.
Presentation and Report Writing Skills(PRW)	3 days	30,000	May 5-7 Abuja Aug 2-4 Lagos	Understand what presentations are, and what they are not; know some of the advantages and disadvantages of presentations; design a good presentation, use appropriate visual aids; understand the main principles of delivering presentations; be able to improve presentation skills with each presentation practice. This course is designed to allow participants to experiment, make mistakes, and enjoy the experience of preparing and delivering presentation. The activities along the way are designed to help participants to develop skills and understanding.
Skills for Motivating People(SMP)	3 days	45,000	Aug 16-18 Lagos Oct 27-29 Abuja	Today's increasingly competitive business world means that a highly motivated workforce is vital for any organisation seeking good results. Therefore learning how to motivate others has become an essential skill for managers. The course explores Influence as a means of exerting power, making a difference, persuading others of your point of view. This leadership coaching will drive your finances, communication and leadership skills to a whole new level. Analysing needs build up good manager skills, encouraging initiative, getting the best and rewarding achievements.

PERSONAL DEVELOPMENT INFORMATION AND COACHING COURSES

Course	Duration	Fee Per Participant (₦)	Date and Venue	Course Description
Career and Personal Effectiveness Skills(CPE)	3 days	30,000	Jun 21-23 Lagos Dec 8-10 Abuja	This workshop is aimed at showing that effectiveness is more important than efficiency. What you do is infinitely more important than how you do it. Five days of coaching, interactive and one-to-one sessions, themed case studies, group sessions, and time for assignment, practice and consolidation of new skills. It include: Personality Traits Test and Analysis; Assertive communications. Develop and use a personal action plan. Plan it – Communicate it - Action it and Get results. Influence relationships and results through enthusiasm, creativity and energy.
Effective Parenting Workshop(EPW)	1 day	15,000	Apr- 10 Abeokuta September- 17 Abeokuta Oct-2 Lagos Nov-6 Kaduna Nov-13 Abuja Dec-4 Port Harcourt	The Workshop is an intensive interactive and inspiring seminar aimed to provide integrated information guidance and access to improved parenting practice and personal development opportunities to parents, guardian, teachers and other people that work with children (Ages 10 to 21) through coaching and seminar. The workshop helps parents play by their rules - not child's rule but still encouraging maximising the child's unique talents. Impact positive attitude to parenting while exploring self development. Expose resources to supporting a child to become an effective individual.
Personal Life Coaching(PLC)	10 meetings	50,000 at MaxMe premises 75,000 at Clients premises	As Agreed	Coaching is essentially a conversation; A productive dialogue between a coach and a client. It is conducted within a results-orientated context, it involves helping individuals access what they already know; assist, encourage and support the individual to empower him or her to find the answers from within. A critical role of a coach is to provide a safe, nurturing environment for the individual to grow and develop his or her own insights, strategies and solutions that will enable him/her to move forward. 10 sessions usually weekly; can be conducted over telephone, in person or via email
Time and Stress Management(TSM)	2 days	25,000	May 24-25 Lagos September 27 – 28 Abuja Dec 1-2 Port Harcourt	The easy way to get more work done in less time through effective Time Management – Develop an effective time management style. The easy way to relieve stress and regain control through Stress Management – Conquer stress with complete confidence. The course will identify main areas of potential time wastage; teach you systematic methods of improving your use of time. Learning how to reduce stress and relax can improve your health. Themed case studies. Some relaxation therapies to enhance your overall wellness. ABC Analysis, POSEC method and Making Instant Changes.

INFORMATION LITERACY SKILLS COACHING

Course	Duration	Fee Per Participant (₦)	Date and Venue	Course Description
Access Database Skills(ADS)	4 days	10,000 course only or 30,000 include course, feeding, accommodation & Tour	Apr 12-15 Abeokuta Jul 12-15 Abeokuta Oct 11-14 Abeokuta	Introduction to Database concepts, Access basics, Creating databases, Working with fields and records, Querying tables, Creating and using forms, reports, Importing, exporting, and linking objects, Working with related tables; Defining data entry rules; Using advanced query features, Creating Creating advanced form design, Using advanced report features, Creating charts, Pivot tables, basic SQL, Internet access, Managing database, and Macro.
Access Application Development(AAD)	4 days	15,000 course only or 35,000 include course, feeding, & accommodation	May 24-27 Abeokuta Oct 18-21 Abeokuta	Designing an application; Automating forms; Working with Switchboard & Splash Screen forms; Creating custom toolbars & menu bars; Working with VBA code; Advanced VBA programming, Working; VBA debugging tools, working with objects and collections, working activeX data objects and controls, security fundamentals, integrating access with MSOffice.
Complete Excel Skills(CES)	4 days	15,000 course only or 35,000 to include course, feeding, accommodation & Tour	May 3-6 Abeokuta Aug 30-2 nd Sep. Abeokuta	Spreadsheet terminology, Excel basics, entering & editing data, modifying worksheet, using functions, formatting worksheets, printing, creating charts, working with large worksheets, customising excel, working with multiple worksheets and workbooks, List management, Documenting and auditing, Using templates, advanced formulas, Lookups and data tables, PivotTables, Exporting and importing, Working with macros, Interactive Web pages.
PowerPoint Presentation (PPS)	4 days	15,000 course only or 35,000 to include course, feeding, accommodation & Tour	May 10-13 Abeokuta Jul 5-8 Abeokuta Sep 27-30 Abeokuta Dec 6-9 Abeokuta	Creating a Presentation, Using wizard, Outline tab; Entering new text, Other outline toolbar, buttons, Adding and Removing Slides, Ordering the Presentation, Speaker's Notes, Changing the Slide Layout, Changing the Slide Design, Spelling Check, Saving your Work, Printing, Running a Slide Show, Building custom presentations, Using multimedia in presentations, Microsoft Office integration with PowerPoint, Working with organization charts and tables, Advanced presentation techniques, Advanced presentation delivery options, Customising the PowerPoint environment,
Fundamentals of Microsoft Word Skills(FMW)	4 days	10,000 course only or 30,000 to include course, feeding, accommodation & Tour	Apr 19-22 Abeokuta May 31-3 rd Jun Abeokuta Sep 20-23 Abeokuta Nov 22-25 Abeokuta	Word basics, Editing documents, Moving and copying text, Formatting characters and paragraphs, Creating and managing tables, Controlling page layout, Using proofing tools, Web features, Working with sections and columns, Formatting tables, Working with imported data, Using styles and AutoText, Working with headers and footers, Working with graphics, Introduction to templates, Workgroup collaboration, Printing options
Web Authoring using Front page(WAF)	4 days	15,000 course only or 35,000 to include course, feeding, & accommodation	Jun 14- 17 Abeokuta Sep 13-16 Abeokuta Nov 15-18 Abeokuta	About FrontPage, HTML, FrontPage—Editing View, Menus and toolbars, Tables, Images, Links, Checking your File for Validity & Accessibility, Putting it Together, Server Side Includes, Footer, Cascading Style Sheets, Templates, Adding Metadata, Site Management Features in FrontPage, Publishing a Web site with FrontPage

Microsoft Outlook Planner (MOP)	1 day	5000	Apr 29 Lagos Jul 9 Port Harcourt Aug 9 Abuja	Managing Inbox to send and receive electronic messages, Using Calendar to keep track of schedule and plan meetings with others. Taskpad to see the day's tasks to schedule time to work on them. Contacts to keep personal and business contact information up to date and easy to find, File and sort. Tasks to organise personal and business to-do list in one easy to manage place. Quickly prioritise tasks, and assign tasks to others. Notes to jot down notes as quick reminders of questions, ideas, directions and anything at all – similar to post it notes.
Introduction to Computing(ICO)	1 day	5000	Apr 7 Abeokuta May 4, Aug 10, Abuja Jun 25 Kaduna Jul 27 Lagos Oct 7 Port Harcourt	Overview of computers, How computers work, Starting the computer, Input devices, Processing data, Data Storage, Managing data, Output devices, Working with applications, Windows Accessories Working with Internet Explorer Shutting down Windows
Producing Long document using Word(PLW)	1 day	5000	Apr 8 Abeokuta Apr 29, Jul 28 Lagos May 3, Aug 11 Abuja Oct 8 Port Harcourt	Plan document, Appearance and Layout, Word's Views, The Importance of Styles, Numbered Headings, Sections, Headers and Footers, Footnotes and Endnotes, Using Bibliographic Software to Manage References, Tables, Assemble Document, Tables of Contents and Figures, Outlines, Backup Strategy. Experience of using Microsoft Word.
Creating Posters in Word(CPW)	1 day	5000	Apr 30 Lagos Jul 23 Kaduna Jun 21 Abeokuta Oct 25 Abuja Dec 6 Port Harcourt Dec 16 Lagos	WordDraw is a graphics facility built into the Microsoft Word package. It enables adding simple graphics to standard Word documents. This course provides a short exercise, showing the steps necessary to produce a simple poster with text and graphics. It's a good idea to spend some time experimenting with the functions available in WordDraw to get an idea of the types of things that can be achieved.
Word Document Review with Track Changes(WDRT)	1 day	5000	Aug 12 Abuja Jun 24 Lagos	There are a number of ways that paper-based documents are reviewed. Sometimes text is highlighted using a highlighting pen, other times comments are typed in the margins, and other times new documents are created which are then compared to the original. Microsoft Word also has a number of facilities that can be used to review a document. These facilities match those that are performed on paper-based documents.
Mail Merge in Word(MMW)	1 day	5000	Apr 27, Jul 29, Lagos Apr 23, Aug 13, Abuja Jul 1 Kaduna Jun 22 Abeokuta Dec 7 Port Harcourt	The Mail Merge feature allows writing to many different people with the same information which may or may not be modified for each individual. Experience of using Microsoft Word.
Information Literacy and Research Skill(ILR)	1 day	5000	May 28 Lagos Aug 26 Abeokuta Oct 26 Abuja Nov 30 Port Harcourt	Recognise a need for information; determine the extent needed; access it efficiently; evaluate it and its sources; incorporate selected information into knowledge base; use it effectively to accomplish a purpose; understand economic, legal, social and cultural issues in the use of information; access and use it ethically and legally; classify, store, manipulate and redraft information collected or generated; recognise information literacy as a prerequisite for lifelong learning. Understand the nature of research; and Library skills.

ICT Management Workshop

Course	Duration	Fee Per Participant (N)	Date and Venue	Course Description
Improving ICT Management (ICT)	5 days	70,000	Jun 14 – 18 Lagos Sep 6 - 10 Abuja Dec 13 – 17 Port Harcourt	The course aim to improve ICT management processes emerging challenge. It will expose delegates to understanding how IS/IT strategy should be aligned to corporate mission and strategy, Define STRATEGIC INFORMATION SYSTEMS PLANNING (SISP); Understand need for involving appropriate people in SISP exercises; Develop understanding of organisational strategy and the different schools of thought in this area. It will also introduce the participant to Knowledge Management policies, procedure and practices.
Human Computer Interaction (HCI)	5 days	70,000	May 10 – 16 Abuja Aug 23 – 27 Lagos	Delegates will be able to explore any boundary between the human user and the computer system; what the user sees or hears (output from the system); what the user does (user input to the system). Participants will be introduced to: the factors which influence the usability of a computer by humans and to illustrate the impact of this on software design; the implication of user interface design as critical to the success of software products, not peripheral to it; experience of prototyping and to discuss how, in modern practice, interfaces are produced
Intensive Computer Engineering (ICE)	5 days	55,000	May 17 – 22 Abeokuta Aug 23 – 27 Abeokuta	The major aim of this workshop is to equip, enlighten, and empower the company's IT/Technical Staff in the area of computer engineering. Also to encourage self employment and skills acquisition among youth. This aim would be fulfilled through proper training and it is hoped that at the end of training every participant should able to: Provides basic skills of assembling, cloning, maintenance and repairs of computers; know more about software engineering; troubleshoot and solve any problem or issue involving software and hardware; Apply basic management principles to manage computer engineering department.
Complete Computer Networking (CCN)	5 days	55,000	Jun 7 – 11 Abeokuta Oct 4 – 8 Abeokuta	The major purpose of this workshop is to create an enabling environment where IT personnel would be able to acquire skills and knowledge in setting up and maintaining a computer Network Structure being LAN or WAN It will serve as an opportunity to see clearly new developments in technology. Interact and share knowledge with one another. It is expected that by the end of the workshop, every participant should be able to recommend suitable computer network architectural design for users, assembly, install, configure and administer LAN and install necessary programs that would meet specification of different users. Configure every class of IP address, configuration and optimisation. Upgrade and maintain an existing Network structure both for LAN and WAN. THIS WORKSHOP IS FULL-PRACTICALLY ORIENTED

YOUTH EMPOWERMENT COACHING

Course	Duration	Fee Per Participant (₦)	Date and Venue	Course Description
MAGIC Youth Coaching Programme (MYC)	1 day	10,000	Apr 24 Abeokuta May 22 Lagos Jun 5 Abuja Jun 26 Kaduna Sep. 4 Lagos Sep 25 Abuja Oct 30 Port Harcourt	One-day Youth Coaching Model which provides an opportunity for young people to develop a wide range of crucial life skills that they can use immediately and then throughout their lives; MAGIC is an acronym for: Motivation Assertiveness Goal achievement Initiative Confident communication M.A.G.I.C. Youth Impact Coaching assist young people to discover who they are; moving them towards, success, ownership and responsibility of themselves and their future. Establish their identity, values, and beliefs. Discover vision / goals for their future Learn to self respect and in turn learn who others are and respect them.
MAGIC for Trainers Youth Coaching Programme for Youth Workers (MFT)	1 day	15,000	Jun 25 Kaduna Jul 2 Port Harcourt Jul 26 Abeokuta Aug 6 Abuja Aug 20 Lagos	If you want to coach groups of young people and help them to grow on many different levels then the M.A.G.I.C. programme gives you an excellent ready made programme to help young people excel. With an established track record in schools and community settings, the M.A.G.I.C. programme is known to help young people achieve dramatic and positive results in their levels of motivation, assertiveness, goal achievement, initiative and ability to communicate with confidence. After completing this M.A.G.I.C. with MaxMe you will be able to use these skills in any situation where you deal with young people – as a parent, during one-to-one coaching or in groups. What's more, you will have the coaching skills and knowledge to be able to deliver this workshop programme to schools and community groups. You will be equipped with plenty of tools that you simply copy and then off you go! M.A.G.I.C. is a tried and tested, ready made programme that you can utilise. It has proven to deliver great results – and what's more teens love it and testify to the difference it has made to their lives!
Youth In Transition(YIT)	1 day	N10,000	Apr 17 Abuja May 29 Lagos Jun 12 Abeokuta Jun 19 Owerri Sep 11 Port Harcourt Sep 18 Ibadan Dec 11 Kaduna	This course aims to highlight some of the challenges faced by young people in today's society around choices, transition, education and those questions regarding what they do after secondary or university education. Do they go onto study if so, in what? Or perhaps they need to consider what work they will look for? How can make clear choices and decisions? Recognising passion, improving confidence, self-esteem, how they feel about themselves and their future choices Evaluate how influence their behaviours, expectations, social interactions

<p>Youth Empowerment Seminar(YES)</p>	<p>3 Days</p>	<p>N25,000</p>	<p>May 1, 8, 15 Abuja Jul 3, 10, 17 Abeokuta Jul 24, 31, Aug.7 Kaduna Aug 14, 21, 28 Lagos Oct 16, 23, 30 Port Harcourt</p>	<p>Three-day programme aimed at empowering the Youth to maximise their potentials and becoming successful adult. After the YES participants will have taken initial step in the right direction of maximising their unique talents and exploiting resources at their disposal to become an effective individual and be able to affect their generation in a positive manner.</p> <p>Day 1 - Transactional Day: Personality Traits: Variety of Intelligence; Learning Styles; Knowledge Classification; Exploiting Resources at Your Disposal (Spiritual, Human, Finance and Information). Personal Effectiveness Skills: First impression; Networking; Keeping in touch</p> <p>Day 2 - Transitional Day: Introduction to Youth Impact Coaching; Developing Listening Skills; MAGIC Youth Impact Coaching (as above), Personal Effectiveness Skills: Ethics and Etiquettes; Power of Integrity; Purpose Driven Life.</p> <p>Day 3: Transformational Day: Case Studies/Testimonials of Successful People, SWOT Analysis, SMARTER Objectives; Creating the right momentum to achieving your goal; Faith or Fear; DREAM Coaching Model for decision making (Decide, Rate, Encourage, Act now, and Make it happen). Personal Effectiveness Skills: Social, Cultural, Geographic and Civic Awareness. YES Assessment, YES Forum for Parent tips, Graduation and MMA (MaxMe Alumni) Award.</p>
<p>Spaghetti Strand Workshop(SSW)</p>	<p>1 day</p>	<p>12,500</p>	<p>Apr 9 Abeokuta Jul 30 Abuja Oct 1 Lagos Nov 5 Kaduna Dec 3 Port Harcourt</p>	<p>MaxMe Spaghetti Strand One-day Workshop coaches you on how to focus on your goal and create unstoppable momentum towards achieving them in the midst of conflicting situations remember you are what you eat .Imagine Spaghetti as the conflict that goes on in your brain and each strand is the goal you focus on! Like a giant magnet, the Law of Attraction is drawing situations, relationships, and jobs to our lives. It responds to whatever we give our attention, focus, and energy to--whether wanted or unwanted. Lack in any area of our lives prevents each of us from maximising our full potential. The good news is that we can all become more deliberate about attracting what we want. Realising that personal development is a holistic process of making choices toward overall life satisfaction, this workshop will provide practical tools to participants on how the Law of Attraction can be intentionally harnessed to help them manifest their goals and desires.</p>
<p>Career Development Coaching(CDC)</p>	<p>10 meetings</p>	<p>15,000</p>	<p>As Agreed</p>	<p>Knowing your "type" unlocks powerful insights that help you understand yourself and others as never before. Knowing your type, and also learning about the personality types of those around you is an amazing tool that can make you happier and more successful in every aspect of your life. Join the millions of people who have found more satisfying careers and have improved all of their relationships, by understanding Personality Type. By learning more about my own Personality, and about other Personality Types, I can come to a better understanding of my strengths and weaknesses. I can improve my interpersonal relationships, realign my expectations towards others, and gain a better self-knowledge that will help me define and achieve goals.</p>

<p>Youth Computer Classes (YCC)</p>	<p>4 Weeks</p>	<p>4,000</p>	<p>Abeokuta and environs residents only with flexible start times</p>	<p>This is a four weeks session with flexible start times. At least 3hrs hands on practical sessions every week. Free access to the computer for further practice Easy and Convenient Payment Terms Standby generator and experienced tutors to guide you. Self explanatory and comprehensive manual; Basic introduction to Computers & IT Concepts; MSOffice: Word; Excel Spreadsheet; Access Database; and PowerPoint;; Proficient in at least one of the MSOffice package. Use of Internet and Email. Practical work will be assessed for certification; YCC Certificate of Attendance; and Proficiency Certificate for every Module completed.</p>
<p>Family Coaching Session(FCS)</p>	<p>10 meetings</p>	<p>15,000</p>	<p>As Agreed</p>	<p>This Coaching Program, which requires the participation of both parents and their children, is designed to make your children feel understood while strategically helping you to effectively communicate your hopes and desires to your children without making them feel overwhelmed or exasperated. While drawing on the vast knowledge and diverse experiences of our Parenting Coaching Program and Marriage Coaching Program, our Family Coaching Program is designed to realise the much needed mutual understanding between you and your spouse, as well as between both of you and your children. This Family Coaching Program is an imperative in this age where Trust, Respect, Forgiveness, Support, Encouragement, Compassion, Sacrifice, Responsiveness, Understanding, Participation, Commitment, Collaboration, Integrity, Fairness, Unity, and Fun are becoming extinct from families and households.</p>
<p>Relationship Coaching Session(RCS)</p>	<p>10 meetings</p>	<p>15,000</p>	<p>As Agreed</p>	<p>A relationship is normally viewed as a connection between two individuals, such as a romantic or intimate relationship, or a parent-child relationship. Individuals can also have relationships with groups of people, such as the relation between a pastor and his congregation, an uncle and a family, or a mayor and a town. All relationships involve some level of interdependence. People in a relationship tend to influence each other, share their thoughts and feelings, and engage in activities together. Because of this interdependence, anything that changes or impacts one member of the relationship will have some level of impact on the other member. The personality trait will be explored to empower the Relationship coaching clients to have a deeper understanding and appreciation of each other in other make the best of the relationship.</p>

OUR CONTACT DETAILS

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