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Interested in personal  
development with a  
coach?

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Either for yourself or one of  
your employees.

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# Do any of these ring true?

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You feel that you are not very influential or people don't listen to you

You think you get your message across, but then see no change as a result

You avoid (or even hate!) giving feedback

You feel confused as to where you are going with your career

You find that you are often put on the spot and can't think clearly

You run meetings that seem to go nowhere

Your feelings sometimes get the better of you – and you feel you behave in a less than elegant way

You are frustrated by not knowing how to get people you work with to perform

Your manager suggested you might benefit from some professional development, or improve a specific aspects of your performance

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# Why have a coach or mentor?

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*Because you want to:*

Get better (and be more elegant) at what you do

Know how you can add your own value to your team or project

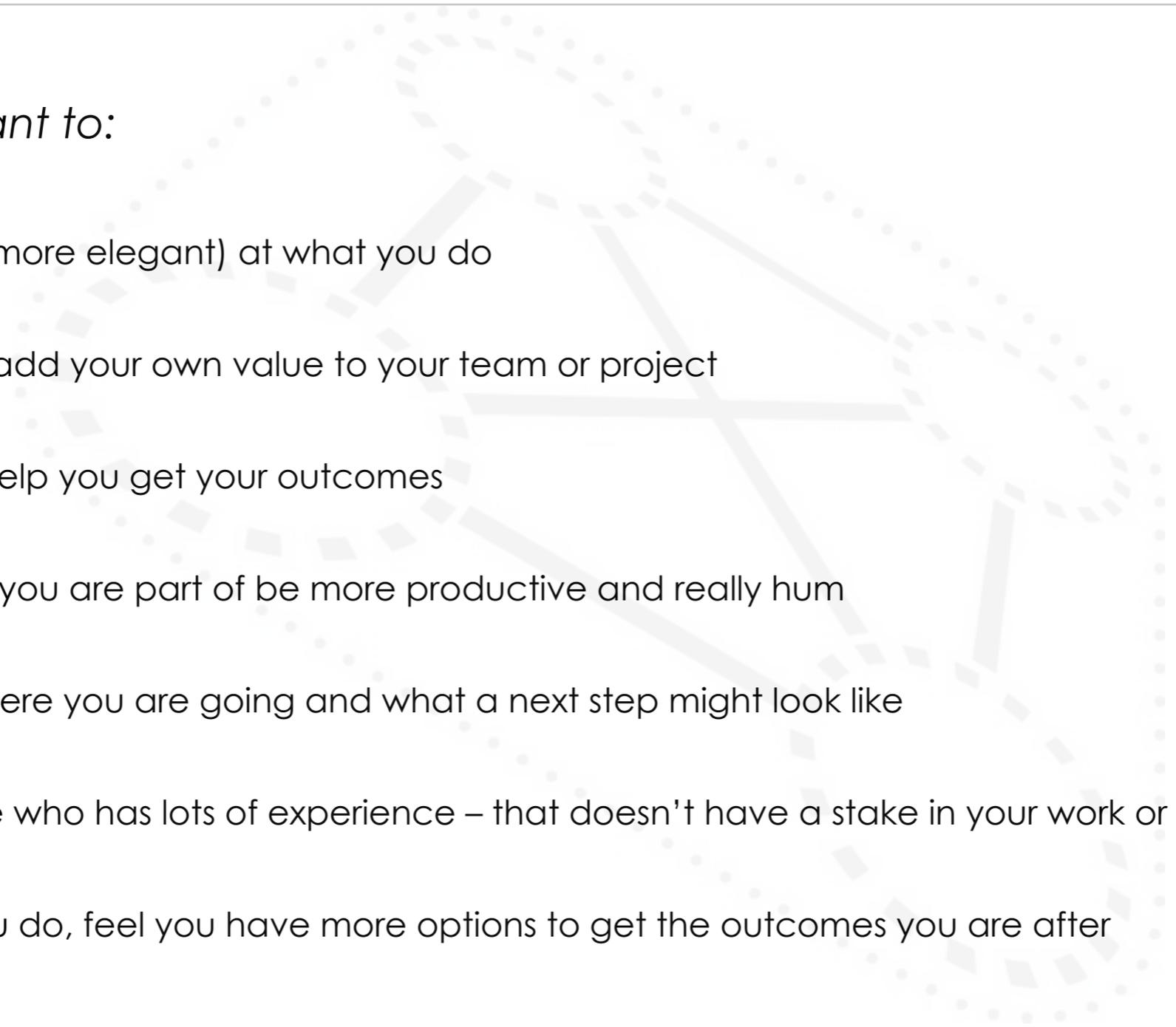
Learn stuff that will help you get your outcomes

Have the team that you are part of be more productive and really hum

Be clearer about where you are going and what a next step might look like

Learn from someone who has lots of experience – that doesn't have a stake in your work or organization

Enjoy more what you do, feel you have more options to get the outcomes you are after



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# What results can you expect?

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*Depending on your needs you will,*

**Feel more confident** in having difficult conversations such as giving performance feedback – especially managing yourself in stressful circumstances

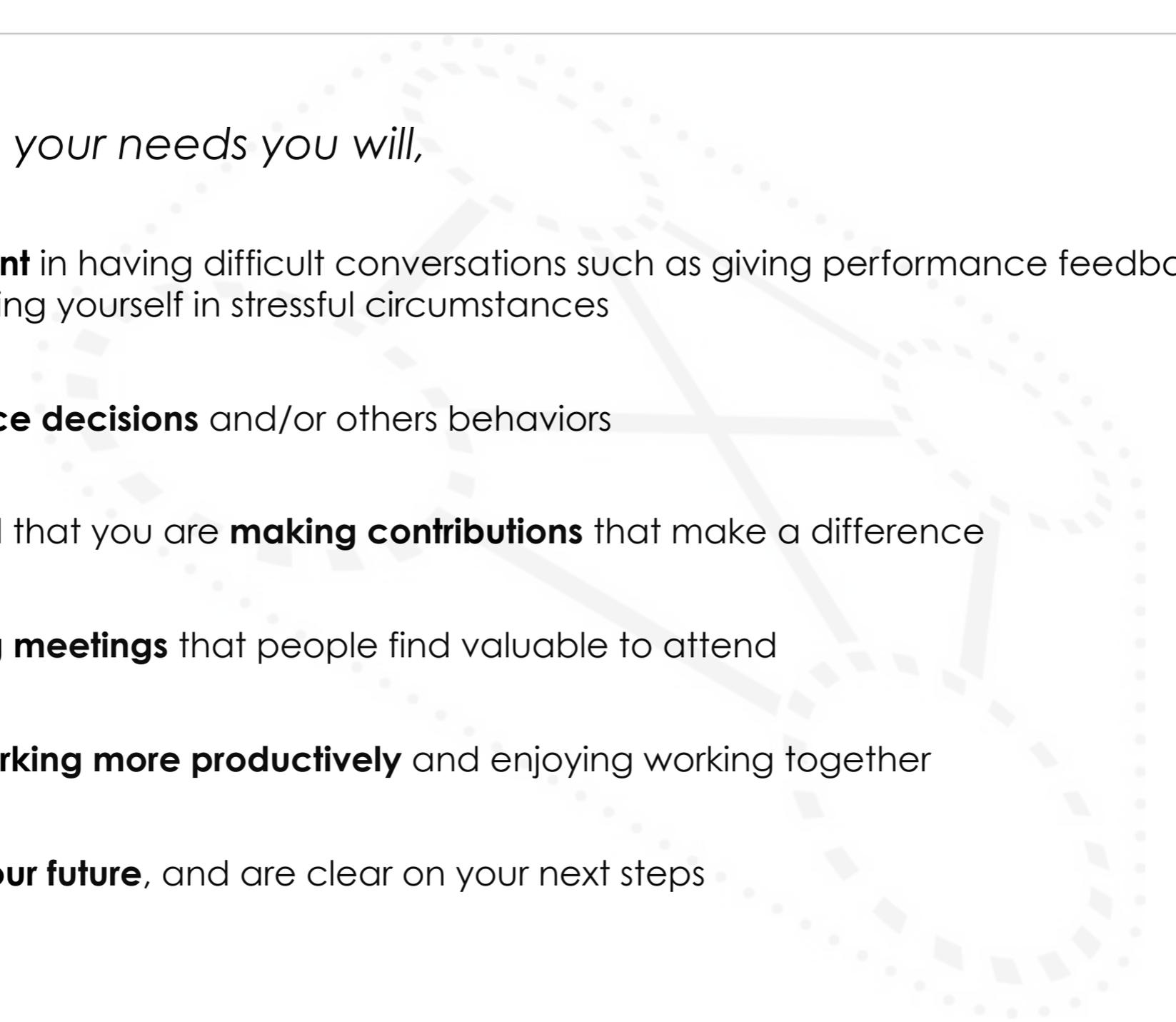
Be able to **influence decisions** and/or others behaviors

Feel more satisfied that you are **making contributions** that make a difference

**Conduct satisfying meetings** that people find valuable to attend

Get **your team working more productively** and enjoying working together

Have a **plan for your future**, and are clear on your next steps



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# How it works?

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*Depending on your needs and circumstances,*

Up front we will agree on the specific outcomes you want, then tailor the initial six sessions, then re-assess once these are complete.

Sessions will be about 1.5 – 2 hour over about a 3 – 6 month period. We are available both in and outside working hours.

In between sessions you will be expected to do some personal work, and we are also available to you by phone.

We can meet face-to-face, at a place of mutual convenience, or via Skype (or similar) from the comfort of your office or home.

We will help you reflect and learn more about yourself

We use a variety of methods to help you gain new perspectives, learn new approaches and build practical skills.

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# Who are we?

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At *Dalmau Consulting*, – Jill, Cathy, Tim and Steve, really specialize in **helping people grow and develop**.

We have experience in all sorts of different fields: as managers, teachers, scientists, executives, and consultants.

We've worked with small and large businesses in many sectors such as the resource industry, health, government, non-government, education, and finance.

We each have lots of life experience and have worked with community groups, mining crews, executive teams and all in between.

We can provide new and different perspectives and assist you in understanding yourself and others better. We will challenge your thinking, be a sounding board, share the benefits of our experience and help you build a vision, plans and interpersonal skills.

We are confident that we can match someone to your specific needs.



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# Let's talk!

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*Talk with us to see how we can best help you.*

*Everyone is different – together we can create something  
that works for you.*

**Telephone +61 419 971 777**

**or**

**Email [info@dalmau.com](mailto:info@dalmau.com) for one of us to call you**